

Captain's Log- June5, 2011  
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Hi To All-

First, I'd like to congratulate all of the KOPS Graduates, State Winners and Division Winners who were recognized at SRD in Lake Placid, along with our 2010 State King and Queen who were crowned. We had two KOPS graduates from our area at SRD. Congratulations to Trudy Cardinale and Patty Van Horn, both from TOPS NY 0558 Cato!

There are also some rumors circulating that I might have been seen in a Toga during the SRD 2012 Invitation skit at the Saturday afternoon session. I can confirm that yes, it was me and yes, those were my very pale legs. And wasn't it great to see who would win if former Area Captain Mary Ann Pitcher and former Area Coordinator Doris Wilkes stepped into a boxing ring together! I'd like to thank them both for playing with us in the skit and being such good sports about it!

If you missed SRD 2011, I would encourage you to come to SRD 2012 in Albany. The theme is "Chariots of Fire" and Central New York will be hosting the Greek Olympics-themed event!

I am doing well on my way to KOPS. I lost 3 pounds in May and I feel that I'm over the plateau that I have been stuck on. I'm looking forward to Thursday's weigh in! There were a lot of inspiring stories this past weekend at SRD and I am looking forward to bringing that inspiration with me to your chapter when I visit to present the 2011 AC program on Super Foods.

Please find attached or enclosed the new AC summer Contest, we usually have a contest to help motivate and encourage you to lose weight over the summer. This year the contest is running from June 6, 2011 to no later than September 2, 2011. Forms must be back to me by September 2, 2011 to qualify. This is an individual challenge...so keep on losing! There is one line per member, each member is in charge of keeping track of their points. If you need more than one sheet, feel free to make copies.

I also have a couple of walks coming up this summer!

- July 19<sup>th</sup> at 9 a.m. at Cass Park in Ithaca NY. Meet at the Pool Building.
- August 20<sup>th</sup> at 9 a.m. at the Esker Brooks trail off RTE 89 in Montezuma.

I will be providing water and I do have a waiver form that everyone needs to sign off on when they arrive. If you want to print one out and bring it with you that would help, the form is attached in my email transmission and also printed out and enclosed in those chapters that receive the paper version of this newsletter.

Also, I have a new TOPS CNY Facebook page, search for me then click on the page and like. And, we also have a TOPSPower.org website; check back on updates on this page frequently. In closing, remember, if you have any questions, comments, concerns, please email or call me.

TOPS Hugs-  
Drew