

Captain's Log- March 27,2010
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Hello Fellow TOPS and KOPS members!

First of all, I would like to say Congratulations to our NYS King Raymond Anderson and NYS Queen Pia Kovacsi. James lost 126.25 pounds to goal and Pia lost 146 pounds to her goal. Congratulations also goes out to all State Division Winners recognized at SRD. I would like to extend a very special congratulations to Ithaca's Linda Pasto who was recognized as a Century Medallion Recipient at SRD in Saratoga Springs this year.

SAVE THE DATE! June 3-4, 2011 will be NYS SRD in Lake Placid. The theme will be "TOPS Imperial Gardens".

Here are a few more dates coming up to remember:

Saturday, July 24, 2010 - I am holding a TOPS walk at Cayuga Community College's Main Campus here in Auburn, NY at 8:30 am. We will be walking on the Nature Trail behind the college. I hope you can join us!

Saturday, August 28, 2010 - The KOPS Kameo Honor Society meeting at The Rusty Rail. Time TBA. An invite will be coming shortly.

Saturday, September 25, 2010 - Rally Day at The Rusty Rail. So mark your calendars! Chapter Leaders will be receiving more information about Rally Day soon.

I wanted to thank those chapters that have sent me stamps. It is very much appreciated!

I will be calling chapters this upcoming week to schedule a time when I can come and visit. I'm excited to share with you this year's Area Captain's Program about Stress Management!

How are you doing in your weight loss journey for 2010? I was reading Cindy Moore's article in the July 2010 TOPS News and this made me stop and think...*Am I really allocating enough time in my life for me and the choices that I'm making?* I'm not so sure I am. Sure, I'm getting done what I need to get done but am I really spending my free-time as "quality time" to reinvest in me?

Currently after I get home from work I have dinner then all I want to do is sit on the couch and watch TV. I realize that I should get up off my bottom and do more in the evenings for myself. I've decided that I'm going to start taking evening strolls while the weather is great and invest in some "me time". I hope you all take some time to do the same for yourself. I know it's not easy. But believe me...you're worth it!!!

Tops Hugs -

Drew