

Frankie's Front Page News

June/July 2010

SRD UPDATE

WOW what a wonderful time we had again this year, Saratoga is just beautiful! This was my first time to go to an SRD in Saratoga and I'm so glad I went. We had GREAT numbers again this year; it's so wonderful to see what TOPS can do. The pounds lost in 2009, 30514.25! We had 137 chapters attend this year with 870 in attendance. KOPS alumni we honored 146, their was 35 graduates with a total loss of 1707.75. 22 chapter royalty attendees. I had the pleasure of helping announce the division winners again this year and the ones that could attend lost a total of 768.25 lbs plus the unattended lost 670.75 with a grand total of 1438.50 see I told you the numbers were awesome this year! Last but not least the most exciting our NYS royalty! Ray Anderson from #NY 721 Jamestown is our state king! So you know how excited I was seeing he is from my area, and he really looks great, he lost 126.25 to goal! So if you see Ray tell him again how proud we are of him. Our NYS Queen is Pia Calachi from #NY 1302 Buffalo; Pia lost 146 lbs to goal! Our runner up king is James King from #NY 797 West Babylon with a 70lb loss, and our Queen runner up is Diane Seager from #713 Elmira with a 93.75 lb loss. Congratulations to all our winners! Next years SRD will be in Lake Placid!!! TOPS imperial gardens will be the theme and June 3rd and 4th 2011, put it in your date books now. And check out SRD photos on the TOPS power website!

TEENS: The workshop was a BLAST! Thank you for playing, and dancing with us! I know we had fun I hope you did too.

KOPS NEWS

By now our leaders have the registration for the KOPS luncheon July 24, 2010 this will be hosted by #NY 848 South Dayton. You will have a great time and a healthy sensible lunch also. So sign up today and treasurers get them sent back to Shirley Vandenburg with two signatures on the check. Also remember TOPS within 10 lbs of your goal are welcome to join us for the lunch for the same low price of \$7.00.

Join us for a day of fun with other honored KOPS and future KOPS. In other KOPS news I'm very excited to announce the newest members to join the KOPS family! Stephanie Carlson from #NY 142 Jamestown, Doris Mallory from #NY 39 Wellsville, Mary Miraglia from #NY 721 Jamestown. Last but not least me!!! Finally made it, I raised my goal the last 3 lbs that have been killing me and it worked not only have I been at my new goal but I have had many weeks under that. So don't feel bad if you're struggling with that last

few pounds, if you have been staying right around that weight maybe you should take the pressure off yourself and raise it up that last couple of pounds, with our leeway we get to be at our original goal anyway. Something to consider if you have been in my shoes, sometimes we get hung up on the number.

Fall Rally, no I'm not rushing summer! But an area captain's work is never done. I just want everyone to mark it on their calendars it will be on September 25th this year! So put on your thinking caps for idea's just think about all the fun were going to have! Send me any and all idea's and help us have a great rally! **Also please make sure if you want to be in the before and after parade, you need to have lost at least 25 lbs and please send me your before picture with what size you were in and what size you are now. I need these ASAP!** I will be working on packets soon and contacting chapters with what I need them to do to help with this years rally, thank you in advance for your help.

#NY 848 South Dayton wanted to share their loss of Member Evelyn Sarno who lost her battle with cancer. Sorry for your loss.

I will close for now more to come next month, also if your chapter has any news they would like to share please send it to me. I hope to see you all real soon.

TOPS Love Frankie
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