

Frankie Lewis
TOPS Area Captain
76 West Doughty Street
Dunkirk, NY 14048
Frankie1110@roadrunner.com



FRANKIE'S FRONT PAGE NEWS

Spring workshop

I want to thank everyone that came to the workshop; I felt we had a very good workshop. Thank you Shirley for helping with the church and providing coffee. For the chapters that could not attend I just want to go over a few things.

- ❖ Anything that comes to you that needs to be filled out and sent back needs to be done within 3 days after the meeting. It could be from headquarters, Marcia Jackson or me.
- ❖ Anything that changes within your chapter like a new KOPS or new member change of officer also needs to be sent in within the 3 days of the meeting you don't want anyone to miss out on any awards or recognition they have coming to them.
- ❖ TWO SIGNATURES on chapter checks, very important make sure everything is filled out with pen NO PENCILS.
- ❖ If a chapter disbands this also needs to be reported as soon as the decision is final. Any supplies and chapter scale are to be returned to me. Any money is to be turned into TOPS, you need to let Marcia and I know about this. (I sure hope not to have this happen to any of my area chapters.)
- ❖ Most any supply you need is available on line if for some reason you cannot get online please let me know and I will help you with that. Please e-mail me about this so I have your correct e-mail address.
- ❖ Officer charts are form L-001my chapters that still have not turned in this form to Marcia please do so A.S.A.P.! This is again should be done 3 days after chapter elections.
- ❖ I also announced my AREA CAPTAIN CHALLENGE for this years fall rally. Its starts with the first weigh in after workshop, and goes till the last weigh in in August. The rules are simple, the TOPS member with the most 4 CONSECUTIVE no gain weeks and stays for the meeting, or the KOPS member with the most 4 CONSECUTIVE weeks at or below goal and also has to stay for the meeting. If you have a gain or miss a meeting you have to start over. So weight recorders remember if a member weighs in with a loss or a turtle but does not stay for the meeting they have to start over. You have 16 weeks so you can have up to four 4 no gain weeks, or 4 at or below goal weeks. Challenge starts 1st weigh in after May 8th. And goes to week ending August 28th. So let the fun begin!



SRD

I hope all are ready to "RUN FOR THE ROSES" I know I'm very excited about it and I can't wait to see everyone there. I know I always come home very inspired to do better with my daily choices, after all the choice is mine! I am working hard to graduate at next's years SRD! I can't wait to see how many from my area will graduate this year!!

KOPS NEWS

I am very pleased to announce that Ruth A Wray has been reinstated back to KOPS! Great job Ruth! Ruth is from #NY 1181 Belfast. The next KOPS rainbow honor society meeting will be held July.

FALL RALLY SEPTEMBER 25, 2010

Save the date! Camp yougottawanna is this year's theme. Have fun with this theme, centerpieces, costumes, get creative you know there will be judging! I will keep you posted on things to come. Area Captain Challenge, summers best loser, baggie clothes are just a few of this years activities. Always open to suggestions too!



TOPS NEWS

#NY 927 Houghton has a lot to celebrate they have quite a few new members, I would love to welcome Miranda Hunter, Faith Stewart, Doug Bentley, Todd Voss, Jessica Lord and last but not least Joan Lord. Thank you Pam for sharing.

#NY 1110 Silver Creek would like to welcome Lorrie Newman. Please feel free to inform me on new members and how they found out about TOPS. Also any chapter news you would like to share I would love to add to our newsletter.

IN CLOSING

I thank you leaders for sharing any and all correspondences with your members. And always remember I am here for you so please don't hesitate if you have any questions or anything you would like to share.

I hope to hear from you real soon. frankie1110@roadrunner.com
Or 716-203-7403.

TOPS LOVE; Frankie