

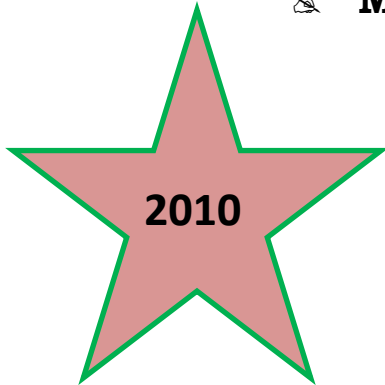


SCOOP

Keeping Chemung, Schuyler and Steuben County chapters connected.



Mark Your Calendars



- ✓ Saturday, August 21st @ 10 am
Southern Tier KOPS Honor Society
Presho United Methodist Church, Painted Post
(more details on next page)
- ✓ Tuesday, August 17th @ 6 pm
Officers Workshop
Corning Natural Gas, Corning
- ✓ Saturday, October 2nd
Rally Day
St. Mary's Catholic Church, Bath
- ✓ Saturday, November 13th @ 10 am
Southern Tier KOPS Honor Society
Presho United Methodist Church, Painted Post



- ✓ Friday & Saturday, June 3rd & 4th
SRD - State Recognition Days
TOPS Oriental Garden, Lake Placid, New York
- ✓ Thursday, Friday & Saturday, July 7th, 8th & 9th
IRD - International Recognition Days
Happy Days With TOPS, Milwaukee, Wisconsin

Officers Workshop

An Officers Workshop will be held on Tuesday, August 17th from 6 to 8 pm at the Corning Natural Gas Blue Flame Room in Corning. Flyer attached.

Rally Day
October 2nd

Please join us at "**Camp YaGottaWanna.**"
More details will follow within the next few weeks.

There will be 2 Summer Best Loser recognitions, per chapter, this year at Rally Day.

- Divisions 1 through 8
- Division 9

Anyone wishing to help with Rally, we will meet at Corning Natural Gas, 330 West William Street, Corning on Tuesdays starting this Tuesday, August 10th @ 5 pm. If you will be unable to attend but would like to help on the 2nd please contact me.

We welcome any chapters wishing to perform skits.

Invitation to all
KOPS and TOPS
to attend

Southern Tier KOPS Honor Society
Saturday, August 21st at 10 am
Presho United Methodist Church
1727 Indian Hills Road, Painted Post
Phone: (607) 523-7250

Please bring a dish to pass. Each chapter is asked to bring a \$10 gift to raffle. Registration & validation forms attached.

Healthy
Choices

- Have a piece of fruit instead of a sweet dessert
- Take a 15-minute walk 4 or 5 times each week
- Compare calories in your favorite fat-free dessert to see if you'd rather have a small piece of the real thing
- Increase your vegetables to five a day
- Keep a food journal to check your progress

Together we will succeed on our TOPS journey,

Sheila Hallahan, Area Captain
161 Brick House Road
Horseheads, New York 14845
(607) 739-8149
E-mail: topsjourney@yahoo.com

Please
Note

I no longer have a Juno e-mail address so please update your files. Thanks.

Officers Workshop

Tuesday, August 17th, 2010

Corning Natural Gas Blue Flame Room
330 West William Street
Corning, New York
6 pm

Officers are requested to attend and all interested members are invited.

The officers workshop is a time to network, share information/ideas, to discuss concerns and review TOPS forms and rules.

Directions:

Traveling West on Route 17/86 (from Horseheads)

Take Exit 45. At bottom of ramp turn left. Continue straight on Pulteney Street (through 2 traffic lights). At Fazzary's Liquor Store bear to the right. Corning Natural Gas is the building on the right.

Traveling East on Route 17/86 (from Bath)

Take Exit 45. At traffic light turn left and continue to traffic light. Turn right onto Pulteney Street. At Fazzary's Liquor Store bear to the right. Corning Natural Gas is the building on the right.