

Chemung
Schuyler
Steuben

SCOOP

☆ Keeping Chemung, Schuyler and Steuben counties connected. ☆

July 2011

Mark
Your
Calendars

- ✍ Saturday, October 1st @ 9:30 am
Rally Day
St. Mary's Church, Bath
- ✍ Saturday, October 22nd @ 10 am
Southern Tier KOPS Honor Society
Presho United Methodist Church, Painted Post
- ✍ Saturday, October 29th @ 10 am
Inspiration & Officers Workshop
Presho United Methodist Church, Painted Post
- ✍ Friday & Saturday, June 8th and 9th, 2012
SRD - State Recognition Days
TOPS Chariots of Fire
Albany, New York

SKITS
Wanted
Rally Day

Chapters please think about presenting a skit at Rally Day on October 1st. We had AWESOME skits for Inspiration Workshop yesterday.

Please talk with your members and contact me as soon as you can, if your chapter will share its talents.

Regional
Director's
Buddy
Challenge

At SRD in Lake Placid, our Regional Director, Judy Pettit offered a Buddy Challenge which runs from this June's SRD until next year's SRD in Albany. You need not to have attended this year's SRD to be in the challenge.

Your Leader has the details. If you wish to receive a copy of the challenge details please let me.

KOPS Korner

Saturday, October 22nd @ 10 am
Southern Tier KOPS Honor Society
Presho United Methodist Church, Painted Post

All KOPS are invited.
More information in the August issue.



*KOPS at or below goal from the April to July meeting receiving roses:
Joni Jensen, Carol West & Jan Crane*



*KOPS in leeway from the April to July meeting receiving roses:
Carrie Cain & Dan Bunce*



To maintain KOPS status, KOPS must have at least 15 weigh-ins per year. Just a reminder that there are 22 weeks remaining in 2011.

Health Fairs/ Community Events

Does your community have a health fair, farmer's market or community day? Please let me know the dates, place and time.

What better way to get the "TOPS word" out than through local community events.

Thanks for your help.



My special thanks to Daisy Quant, Barbara Moore, Nancy Saxton and Mary Ann Flansburg of TOPS #NY807, Arkport for helping me promote TOPS at the Arkport Summerfest 2011 "Winter Wonderland"

*Special thanks to Daisy's husband, Lloyd for setting up and taking down the canopy after working all night!
THANK YOU SO MUCH! What a great time!*

Summer Best Loser Contest

The contest started with the last weigh-in in May till the last weigh-in on or before August 31st.

The person, from each chapter, who loses the most weight during that time period, will receive special recognition at Rally Day on October 1st. Division 9 members will be honored separately.

There are 3 $\frac{1}{2}$ weeks left! It's never too late to jump in!

Chapter No Gain Weeks

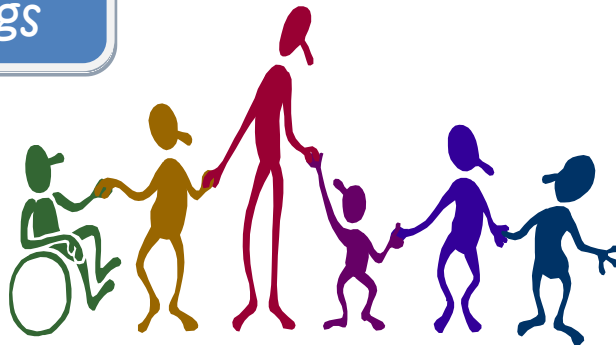
Please track all no gain weeks from January 1, 2011 till September 3, 2011.

TOPS must have a loss or maintain. KOPS must be in leeway (no more than 3 pounds above or 7 pounds below goal).

You will be asked to complete the form and return with your Rally Day registration for recognition.

TOPS Meeting Closings

A few of the chapters have asked for TOPS meeting inspirational closings and songs.



TOPS FELLOWSHIP SONG (Tune: "Ach Du Lieber Augustine")

The more we get together,
together, together
The more we get together,
the slimmer we'll be
For your loss is my loss,
and my loss is your loss
The more we get together,
the slimmer we'll be!

TOPS HELPING HAND

I give to you a helping hand
to steady when you fall
to lift you up when you are down
to encourage you when you stall
I cannot do it all for you
only you can lose the weight
but I will be there if you need me
before it is too late
and when at last you reach your goal
and become an honored KOPS
I will be there to applaud for you
and give the credit to TOPS!



Inspiration Workshop – July 30th

A Special THANKS to all who went above and beyond to make our 1st Inspiration Workshop an AWESOME success!

TOPS Summer Fling



Welcome



Raffles



TOPS #NY 300, Hornell



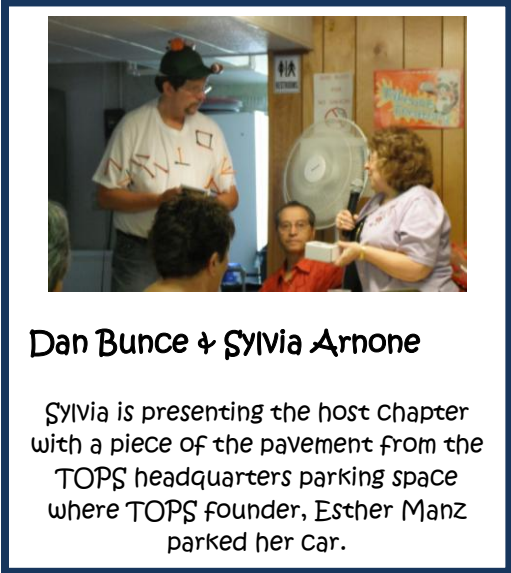
TOPS #NY 784, Bath

SKITS



Carol West, KOPS
Inspirational Journey
TOPS #NY 526, Painted Post

Congratulations goes to:
SYVIA for being named New York State Coordinator of the Year!
Dan as the new Area Captain for Broome, Delaware and Tioga counties.



Dan Bunce & SYVIA Arnone

SYVIA is presenting the host chapter with a piece of the pavement from the TOPS headquarters parking space where TOPS founder, Esther Manz parked her car.



Members viewing Leadership Skills presentation



Our Coordinator, SYVIA Arnone & husband, Tony

Together we will succeed on our TOPS journey,
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