

## IRD-2017 Sparkle Like a Diamond

Our International Winners and other participants certainly Sparkled and Shined at IRD 2017 in Little Rock, Arkansas!

What an amazing time at IRD Little Rock, seeing the MN gems sparkle like true diamonds on stage this past week. we got to show off King Neil Olson and Queen Lynn Craig from the state of 10,000 lakes and 10.0 million mosquitos!

Next came International Division V 1st Place Winner **Lisa Mahlke of 1444 North Branch** with a loss of 28.8 pounds. Lisa was also a 2016 graduating KOPS.

International **Queen Runner-up Lynn Craig** with a loss of 161.8 pounds to goal. Lynn Craig was also a 2016 Graduating KOPS. It was wonderful to see Minnesota taking center stage so many times this year.

We have so much to be excited about this year as we recognize **Coordinator Gwenn Smith** for 25 years of service in TOPS. Gwenn is the MN Coordinator in the northern part of the state. **Coordinator Shari Kieper** was awarded the top 3rd coordinator in all of TOPS. What an honor that was, and it was great to see her sparkle and shine like a diamond amongst all the other coordinators at IRD. Shari Kieper is the Coordinator for the southern part of the state. **Area Captain Vicki Schreiner-Kaiser** tied 10th place in the Top Ten Area Captain awards in all of TOPS. Regional Director, Board Member **Bob Dischinger- First Place Division II winner 244 Elk River.**

**Area Captain Leslie Knudson** participate in the KOPS graduation ceremony at IRD. We had 4 of our MN Field Staff participate in the KOPS Circle of Light this year; **Leslie Knudson** -less than 1 year, **Barb Saefke** 3-years, **Steve Kaiser** 13-years and **Shari Kieper**-38 years. We are proud of each one.



**Left top picture: International King Bob Lee from Valdosta, GA with a loss of 140 lbs. and International Queen Jennifer Noyes from Thunder Bay, ON with a loss of 178.25 lbs. Right top picture: Runner-up King, Bob O'Hara from Oil City, PA with a loss of 138.25 lbs. and Runner-up Queen Lynn Craig from Maplewood, MN with a loss of 161.8 lbs.**

Leslie Knudson MN AC graduated as a KOPS.

Dear TOPS and KOPS,

Hope all my TOPS Friends are having a great summer so far, this year. I bet we are all looking forward to the beautiful fall season coming. We can look forward to the days getting cooler and the leaves to start to change colors. It will make those long walks we need to do to get exercise and enjoy the beauty of fall. Keep moving and losing the weight to reach those small goals to become healthier and to participate in the Million Pound Challenge.

“Tune Up With TOPS” is the Area Captain program that I would love to come to your chapter and present to you. I have a handout that I can send to your chapter one week before coming to help you think of songs and to interact with me as we all Tune Up with TOPS. Please give me a call so I can get you on my calendar.



### THANK YOU! MN TOPS CHAPTERS

I would like to extend a huge thank you to all who contributed to the Area Captain IRD fund. Your donations were greatly appreciated. Bless you for your support in helping the MN Field Staff attend and/or participate in the events at IRD. Your Captains and Coordinators help at IRD in so many ways. They give of their time in the hospitality room, promotion room, help back stage escorting participants across stage, coordinating the meet and greet session where participants can meet the TOPS Board members, International Division Winners, and Royalty, line up the Graduates, longevity, and KOPS for their participation in the event. The meetings were very informative. If you have never attended an IRD before, there are so many reasons to attend one in the future

#### Welcoming New members:

Arlene Miller to MN 0149

Crystal Grosch to 0971

We welcome you on this weight loss journey

#### TOPS MILLION POUND UPDATE-JULY 14

Canada-65,583.60 USA- 377,714.70 KOPS- 544,754.50 Total loss- 988,052.80. It will be thrilling to learn what TOPS grand total is at the end of the year. **Barb Cady** “If all of us stay focused, we could exceed a million and a half pounds lost!” Totals will be calculated with your resumes.

Please share with all members in your chapter these websites so they have the opportunities to know where to get Ideas and where my letters will be posted: [topspride.org](http://topspride.org), and the TOPS website: [tops.org](http://tops.org)

Steve Kaiser