

IRD Reflection OMG! What a party! As we were celebrating the 70th birthday for TOPS. Viva TOPS!

*The success and support were unbelievable. **Congratulations once again to the MN 1131 Madison Lake for being the David Fox Award winning chapter for the best Average member loss of 23.59 for 7 members.***

MN TOPS field Staff took in some of the sights and sounds of Montreal prior to the official start of IRD. We attended the dressy field staff dinner of Wednesday night where the regional directors and headquarter staff give Barb Cady some retirement mementos. For her as she shifts into the new roll as advisor to the president.

Then on Thursday we had the Best Practices session. During that session we had a wonderful discussion with the New TOPS president Rick Danforth. On Friday morning we had opening session in which Penny Zenker talked about being productive in our weight loss and loving ourselves. The next speaker was the retreat director who talked about retreats and what goes on when a person goes to one of them. Barb Cady also presented a program about the time and that each day is a gift. After Barb, Rick gave his first general address to the crowd and it was great. After that there was a talk by Dor. Mantzoros and panel of Doctors that talks about the genome project and how the TOPS organization is helping with the study of Obesity.

The final speaker was Rick Danforth who turned himself Captain of the TOPS ship as encouraging all of us make our way to KOPS Harbor. He shared his story and his dream for the future of TOPS.

Saturday, we named our international Winners and heard the stories of the division winners and our Kings and queens. All of the stories talked about perseverance and getting on the right path for ourselves.

*The queen is **Vera Dickinson from Caldwell, ID she has lost 159 to goal.** The King is **Jeffery Versich from Chicago IL with a 348 lbs. loss to goal.** He shared a passionate story about his grandmother's tough love getting him on the correct path. I so can't wait for the winner's issues of TOPS news to come out for all of you to read his story.*

*Speaking of TOPS NEWS. I can't wait for the all of you to get the Aug/ Sept issues because in it is the **NEW MY DAY ONE** which looks great. Please make sure to pull them out and take a look. It has lots of great information and new things to help us on our journey.*

On a personal note I want to thank all of the chapters that sent money into to the AC fund for IRD. It came in very handy and even with the American dollar being strong, Montreal was still very expensive and our hotels didn't include breakfast so your dollars were very helpful and much appreciated.

I found Montreal to be very fun friendly and exercise producing in that I averaged 13,529 steps on my step counter. Somedays it was more some days less, all I know is that if/when I return to Montreal I will have to have better walking shoes!!!

FALL really is coming up it will be my first fall Rally. It will be Oct. 20th 8:30-11:30 in Stewartville MN. MN 1860 has graciously said yes to being my host chapter.

With Rally comes summer contest or shall I say late summer contest. Our contest this year will run from Aug 1 to Sept 29th. All Contest information sent back to me by Oct 6th.

Last month I asked you to add a new member coach to your officer group, did you do it or at least think about how you could help coach the members of your chapter? Everyone needs a little coaching once and a while. As a matter of fact after IRD we the MN TOPS field staff started a coaching group for each other to take off at least 10 pounds by December 31st. We talk to each other often during the week by email. Even that is coaching!!! Come on give it a try.

Is TOPS a successful weight loss group and program. From IRD 2017 to IRD 2018 TOPS club members had a million pound challenge. Well here is the result of that challenge:

1,010,136.74 Pounds

I would say that we made the goal and more. TOPS works!!!!!!!

Important Date to Remember

*Oct 20th Fall Rally in Stewartville More details in the August Newsletter
SRD May 3-4 in St Cloud.*

IRD 2019 in Portland Oregon July 12-13 2019

Back to school time is quickly approaching (Aug 7 I go back UGH). In this time of starting to build new routines again it is a good time to take out the REAL LIFE book and try some new recipes and new ways of thinking about food. Don't let the county and State fairs though you off you plan to Take Off and Keep off Pounds Sensibly.

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As I am new to this whole contest planning I decided to keep it simple this year. Our one mission is to take off pounds or keep off pounds and so that is what the contest is about.

From August 1st to Sept 29th each member and chapter will see how many pounds they can take/ keep off.

Here are the prize areas.

- * Chapter with the Highest Average weight loss per member*
- * Person attending rally with the greatest loss*
- * KOPS in black Aug 1 to Sept 29*
- * NEW KOPS*
- * Chapter with a new member during the contest*

All Contest information and registration will need to be sent to me by OCTOBER 6th. Registration information will come out with the Aug. Newsletter.

Until then Happy losing and have a great rest of the summer.

Fran Heilman