

# NEW JERSEY TOPS

FSID 672 Coordinator's Newsletter Aug 2010

## IRD RECAP

New Jersey was well-represented at this year's IRD *Set Your Sights on Harbour Lights*. At one point, our State Queen Carol Birkhoff, Area Captain Fran Bilski, and I were all introduced on stage together, with our Regional Director Judy Hamilton.



If you have never been to an IRD before, you are truly missing an inspirational and fun event. To see the Baggy Clothes Parade with members showing clothes that are six sizes too big is quite a thrill. The stories of the International Division Winners and Royalty are all amazing, and sure makes you think, "Why I can't I do that?" And then the procession of KOPS Alumni, culminating in the Circle of Light is beyond belief. During IRD, before and between sessions, there are professional speakers that inspire and energize. President Barb Cady was one of the speakers and she was spectacular. If you go to the TOPS website [www.tops.org](http://www.tops.org), you can read all about the winners at IRD and see their before and after pictures.

Next year's IRD will be the time to get out your saddle shoes and poodle skirts and make your way to Milwaukee, Wisconsin, as we celebrate *Happy Days with TOPS*.

Won't you consider going? The date for this annual event is July 7, 8 & 9, 2011. Information is already posted on the TOPS website, including the housing form for hotel reservations. I just made my reservations this week. I promise you will be amazed and awed. Just ask our past State Queens Colleen Bohn, Betty Shelton, or current Queen Carol Birkhoff.

## ATTENTION ALL KOPS

Since the number of KOPS seems to be growing, I am considering offering a KOPS Honor Breakfast at SRD next year. It would probably be a buffet with assorted chilled fruit juices, sliced



seasonal fruits, assorted breakfast pastries, and of course, coffee and tea. You would bear the cost of approximately \$12.00. Anyone may attend, but the idea is to honor our New Jersey KOPS while enjoying the morning with friends and a little breakfast. If you are a KOPS and like the idea, or hate it, tell me! I'd love to know what you think. We may be starting a tradition for New Jersey!

## REMINDER FOR TREASURERS



Most of you are getting it right, but I still have treasurers sending me checks for memberships with only one signature. I have to send them back to the chapter for a second signature, and this wastes time. Leaders and Treasurers should get together and make sure this doesn't happen.

## FRESH FRUIT AND VEGETABLES

Summer is the perfect time to fill up on fresh fruits and veggies to keep on track. They're an essential part of any weight loss/weight control diet thanks to their relatively low calorie count, nutritional benefits, and high amount of fiber, which keeps you feeling fuller longer, regulates blood sugar, and may even prevent the body from absorbing fat during digestion. Some of the healthiest summer produce is watermelon (full of water, low in calories), berries (packed with fiber and healthy antioxidants), broccoli (very high in fiber), spinach, and zucchini. Enjoy the fresh fruit selections all summer long.



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