

The TOPS Reminder

A newsletter for Hampden, Hampshire & Worcester Massachusetts Counties &
0395 Greenfield MA

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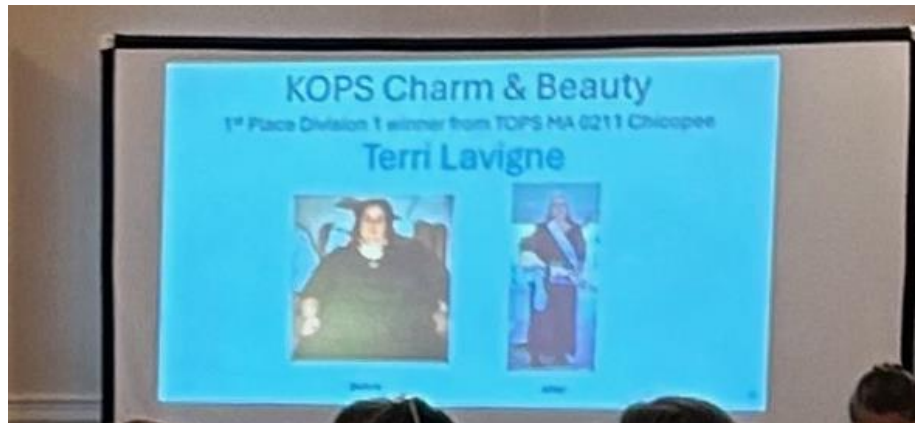
Summer 2024

Hello members,

It's been a long time since I wrote a newsletter for you. I will be writing four times a year unless you send me some pictures or articles you want to share. I love hearing from you.

Some business to get out of the way. If you haven't sent in your L-001 form to Patti Jean, along with your audit, please do so as soon as possible. Even if all the officers stayed the same you still need to send in a new updated form.

SRD was a great deal of fun. We were fortunate to have division winners this year which are listed at www.matops.com



Terri Lavigne won first place in KOPS Charm and Beauty

FALL RALLY IT'S A HAWAIIAN LUAU

Eastern Mass Saturday, October 19th, Western Mass. Saturday, October 26th

You can choose which rally you want to attend and have your weight loss count.

More information at www.matops.com

TACO DIP AND MINI BELL PEPPERS

In a small bowl, combine $\frac{1}{4}$ cup fat free plain Greek yogurt, 2 tbsp salsa, and $\frac{1}{2}$ tsp taco seasoning. Stir until uniform. Serve with 6 sweet mini bell peppers for dipping

0449 Gardner Flower Officer's installation

Pauline Co-Leader, Joan Secretary, Linda Treasurer. Judy Weight Recorder, Pat Asst. Weight Recorder, Norma New Member Coach, Cheryl Leader, Terri Advocate



0395 Greenfield had their award and KOPS Ceremony



TOPS 0411 Westfield “pirate” Officer Installation & Member Recognition

“Everyone Has A Job”

Back row, Left to Right: Millie Lonergan,
Weight Recorder: Janet Janke, Song Leader:
Leader; Rita Willard, Leader/Treasurer.
Mary Hall, Co-Leader; Terry Wilson
Assistant Weight Recorder.

Front Row: Denise Green, New Member
Coach; Kerry Lee Ryan, Sunshine; Dawn
Young, Secretary/Menu Monitor.



Looking for places to Advertise

If you are aware of any places such as hospitals,
schools or any organizations that have a large tag sale.
I would be willing to travel to set up a table to promote TOPS

Last visit for July will be MA 0412 Westfield on July 30th

I believe you Can Do It!

Your Advocate

Terri