

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne

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Yearly Goal

I'm still not on the right track. Since my knee surgery I haven't done much with the lack of exercise and disappointment. We have about 7 months left I want to have a loss of 20 pounds. I will not be a KOPS, but I will feel good about myself. My skin surgery except for my lower stomach is now out of the question even though the surgeon said I needed a total body lift. I think I can lose this weightBaby steps

MAGNETS FOR SALE

"Masterpiece" a large colorful magnet with a write on/wipe off surface and pen, it will sell for \$3.25 each. This magnet will keep track of 7 to-do habits. If you want any, please let me know, I need to order more.

Chapter Visits

MA 0187 North Adams

MA 0492 Holyoke

MA 0179

Shelburne Falls

MA 0423 South

Hadley



NEW WEBSITE

Check out www.matops.com.

It's our new website for you!

If you have SRD pictures, favorite links, news or anything of interest; please send it to:

contact@matops.com

Reinstated KOPS

NEW KOPS

None this month.

MA 0423 KOPS

CEREMONY

Barbara Brown has been a TOPS member for many years, first at MA 0211 Chicopee and now South Hadley 0423. In all those years Barbara has held every position in TOPS except one which was KOPS. Barbara reached her goal in February, but the chapter honored her May 2, the week before her 75th birthday. What a wonderful gift she gave to herself, but the gift of good health.

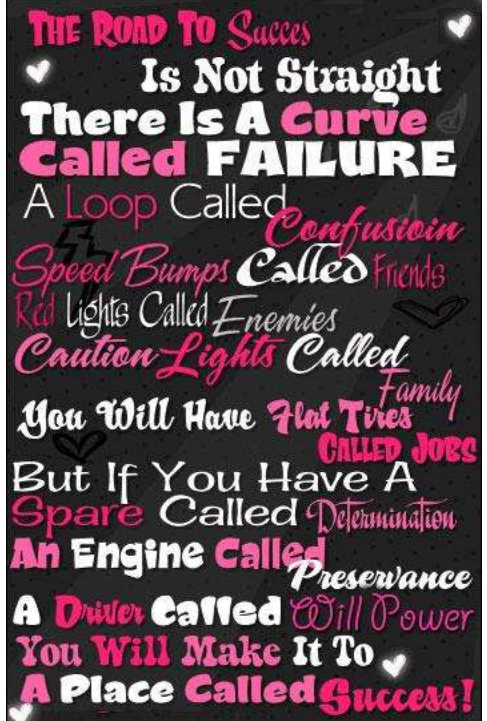


Congratulation! Terri

MA 0423 KOPS



Lorraine Sowa, Barbara Brown and Bobby Guin(5 yr.)



Submitted by: Sharon Marks

MA 0395 Royalty

This morning many awards were given out to division winners and Kathy had awards for those members that didn't receive a certificate from headquarters but lost at least 10 pounds. What an inspiration. Marty helped crown the runner- up Queen, Gloria Freyenhagen with a loss of 39.75 lbs and then their Queen, Ione Wickline with a loss of 58.75 lbs. She represented them at SRD. It was a very nice

morning.



**HELPING OTHERS
BRINGS HAPPINESS
INTO YOUR OWN
LIFE.....**

Area captain for Hamden,
Hampshire, Franklin and
Berkshire Counties

**Remember I'm here
for you, Terri**