

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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## Yearly Goal

I had my first gain for the month in over a year. I gained 6 pounds, in the wrong direction. I decided to state my goal for the year, it might motivate me. We have about 6 months left I want to have a loss of 40 pounds. When I was told I couldn't get my skin surgery it set me back.

## 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 0423 South Hadley  
MA 0229 North Adams  
MA 0492 Holyoke Dispensing  
MA 0415 Chicopee

## 25Pound Contest

To be announced

## NEW WEBSITE

Check out [www.matops.com](http://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](mailto:contact@matops.com)

## NEW KOPS

### MA 0211 Has a New KOPS



Rita Belden has reached her KOPS. After many years of dedication to her health, first at chapter MA 0415 Chicopee and now with MA 0211 Chicopee. Last year she was a division winner but we haven't celebrated her success because her husband of 24 years was ill and she needed to care for him until he passed away. Her husband would go to TOPS and take pictures for the group. He was very proud of her just as we are. Rita lost near 75 pounds.

## Chicopee Morning Chapter

Did not go well. We had the spot but they had no people. I'm going to try the Council on Aging. I'll keep you posted.

## Promotional Poster

Thank you for putting up the posters. We need to get out the word of TOPS and with the help of different cities and towns knowing about us we might help others lose weight. New people bring new ideas to our chapters, which always can be exciting.

## Workshop

I wanted to thank Elaine and her chapter for hosting the workshop. The master gardener, Thelma Green was informative and exercising with things from the dollar store was good for a few laughs. And MA 0383 Easthampton made a great amount of money for their treasury.

## SRD

I'm going to be a chairperson for SRD 2013. If you know of any place we can check out to hold it, please let me know. If you would like to help, give me a call. I need help in all areas so please don't be shy and offer your help. I can tell you it can be a great deal of fun.

## **WESTFIELD MA** **411 MEASURING** **TAPE CONTEST**

Each Team has a measuring tape; each member of the team that loses weight gets to cut one inch off the tape. Our winning team cut 25 inches off their tape! Way to go: Rosemary Gowdy, Debbie Pelletier, Betty Sikes (Captain), Marion Parks, Judy Wheeler.



Submitted by: Sharon Marks

## **MA 411 Westfield** **KOPS Ceremony**

Very nice article with many pictures is being sent in a separate email. Please take a look when you get it.

### **In closing:**

**With baby steps you  
can climb any mountain  
to your goal!**



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