

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne

(413)237-5266

losingweight@tlavigne.us

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Yearly Goal

Good news for me, listening to the speakers at IRD really motivated me a great deal. I had a loss of 4 pounds I still have a gain for the year but I'm much more aware of myself, but I hope you don't hear my big but again this year😊Just a little fact to share I was eating properly and I lost the 4 pounds I then became ill and couldn't eat, so the members that go on a "diet" and eat very low calorie and don't lose it's because you don't have enough energy (food) to burn.

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 0395 Greenfield
4H Table in Pittsfield

Reinstated KOPS

None this month.

NEW KOPS

None this month.

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.us

MA 211 Chicopee

Rita Belden was awarded a certificate and a plaque for her loss of 50 pounds.



Fall RALLY

If your chapter has only one person that would like to attend Fall Rally let me know. I can hook you up and you won't have to miss out on a great day. When Lee is in charge we are in for a wonderful time!

MA 9 PITTSFIELD

Some chapters might have one and most have none but MA 0009 has three of them. What are they, Century Award Winners. For those that don't know, to receive this award you need to lose **100** pounds and maintain that loss 52 weeks before you receive your medallion. I have one and it is one of my prize possessions and just last month I was told it was the highest award you can receive in TOPS. Not only are they medallion holders two of them have been past state Queens; Anna Corbett in 2010 and Beverly Newbery in 2009. Ann-Marie Kibbe was a division winner in 2011 but was unable to attend SRD due to illness.



These 3 women lost a total of 349.75 pounds. Very impressive, think of someone you knows that weighs around that weight.

IRD Promotion Rm

Do you have all your ducks in a row? During a slow period, Terri Lavigne and Diane Trayah got creative to grab attention.



8 Year KOPS at MA 0411 Westfield



Bill Carroll celebrated his 8th year of consecutive KOPS, on July 20th. Bill lost his weight all in one year a total of 31 pounds.

CONGRATULATIONS!!!

RETREAT DVD

I purchased a DVD to describe what happens at a retreat let me know if you are interested. Each year a retreat scholarship is given out look out for information in your TOPS News.



Three of the retreat directors.

Looking for a Hall

I would like to have another workshop, and an evening of sharing. Please let me know ASAP.

THANK YOU

Yard signs

I'm having signs made, one for each county to promote TOPS. I'm asking if someone who lives where there is a lot of traffic to volunteer to place it in their yard. I need a 12 % increase from last year to reach my AC requirements. If I reach my goal and your area had the most NEW members during the time you had the sign I'll pay your \$28 membership. I was thinking each person could use the sign for 4 weeks. WE CAN DO THIS!!!!!!

Rosie will decide if you are the winner.

Thank You!

I want to thank everyone that sent me emails and cards of congratulations for my Area Captains' Award. Without you I wouldn't be on stage.

Remember

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



Remember I'm here for you, Terri