

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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## Yearly Goal

Last year was difficult for me and I'm still having a hard a time, but the Dr's and I are working on it. I wish you all a year of success.

## Chapter Visits

MA 395 Greenfield  
MA 415 Chicopee  
MA 383 Easthampton

## Reinstated KOPS

None

## NEW KOPS

Rita Belden MA 211 Chicopee

## SRD HELP

Please call me if you would like to get involved. Slimmer U High School invites you to their class celebration. We are going back to the 50s' to have a little bit of rock and roll. I need more hostess and contestants for Hula Hoop Contest Friday night.

## Resume's for 2012

We did a great job this year, I had 9 chapters at my workshop and a few dropped off at my house. I only had 1 chapter that didn't send a resume in but everyone in that chapter lost weight. There were some problems I 'm willing to have two workshops if you are willing to supply the place.

## NEW WEBSITE

Check out [www.matops.com](http://www.matops.com) . If you have a contest or anything you want to share please let us know [contact@matops.com](mailto:contact@matops.com)

## A Little Help

Unfortunately I didn't reach my Area Captain goal for 2012. I had to disband two chapters. If you think your work would be interested or your school or church is having any type of fairs I could set up a table to spread the word of TOPS.

## NEW ELECTED OFFICERS.

I wanted to first CONGRATULATE you and thank you for stepping up to the plate. We are all unique as our Area Captain Program told us that's what makes **life exciting**. Everyone has there view how they want to try will be ok and may be fun. things as long as they don't go against any national rules lets' try to support them by doing a program or helping anyway they ask. Just because they don't do it like last years' board it

## CHAPTER MAINTENANCE

Rosie emailed you the Chapter's' maintenance Bill if you didn't receive it email myself or Rosie and we will get it to you. Rosie counted the number of weight charts you sent to get the total you have to pay. \* Please use red and black pens on your weight charts.

## Royalty and division Winners



Congratulations you worked hard and it shows.

I would love to be invited to your Awards night. Keep up the good work.

## **25 pound loss contest**

I have two winners; they are going to SRD so I will find time to award them. Good Job!!

Shirley Cosgrove

Judy Lesarbeau

## **Looking for a Hall**

I want to have a workshop and a possibly a walk. If you have a place or any suggestions let me know

## **Yard signs**

The weather is nice and our TOPS SIGNS are out. I will have some kind of contest but I need to see if they are offering the Area Captains the same as last year.

## **Remember**

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



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