

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us

November 2014

Workshops

Resume workshop
January 3, 2015.

Workshop will be held at
The Mill House 75 Wells
Street, Greenfield MA
01301. The cost of the
workshop will be \$5, if you
don't attend my workshop
please send Rosie Smith
\$5 with your weight charts
and resume. Thank you.
Registration is 9:30.

KOPS Honor Society

I'm excited to say we are
finally having a meeting to
start your KOPS Honor
Society. This meeting we
will make decisions on
what type of meeting is
preferred, eating out or
not. The board will be
elected that day.

February 28th at 9AM at
the Shriners' Hospital 516
Carew Street Springfield.
Cost a donation to pay for
the hall.

Bring \$15 for yearly dues
in case you decide to join.

Happy Thanksgiving

This is a time we should
show our friends and
family that we are thankful
and appreciate them.

When I did an exercise at
my workshop/chapter
there were members that
ate 800 calories to 2500
calories. The pilgrims and
Indians celebrated the first
Thanksgiving because
they were thankful to learn
how to plant and hunt.
One thing to remember
they didn't walk into Stop
& Shop and purchase
their meal. All I'm saying
don't deprive yourself but
think wisely before you
make your choices.

2015 Area Captain Program

"Making Your Plate Great" with the food exchange program



Shown actual size: 1 $\frac{5}{8}$ " x 1 $\frac{3}{16}$ " x $\frac{1}{8}$ "

The promotional item for
this years' program is this
cute bear key chain that
be attached to your purse
or gym bag. The cost is
\$3 and it is a soft PVC
(bendable) with food
groups on it.

Chapter Visits

I have visited 100% of my
chapters in 2014. It's nice
to go to my chapters to
see how each of you are
progressing. I feel great
when I'm invited back to
help out with an
installation or to honor
your KOPS

Newsletters

I try to do a Newsletter
each month. As an Area
Captain my requirements
are now only four a year.
I have 5 chapters that tell
me they really enjoy
reading them and send
info to share. Other
chapters enjoy hearing
about what is going on in
other chapters. I thank
those leaders that take the
effort to send me contest
winners, and other events
in your chapter. This
shows me you are proud
of your chapters'
accomplishments



Deborah Nicholas

TOPS MA 9 Pittsfield, MA
Weight loss to KOPS goal:
60.5 lb
Division 4 weight loss for
2013: 38.5 lb

MY STORY

I am a butterfly. A butterfly symbolizes transformation and the beginning of a new life. It grows inside its protective covering, breaks free and takes flight, just as I have done. I have shed my old beliefs that no longer serve me and begun a positive renewal. Throughout my life I allowed my weight to fluctuate in unhealthy ways, not thinking about the damage I was inflicting on my body. After some heartfelt family events, I changed the way I looked at everything. I knew that I wanted and needed to sustain both a healthy weight and overall health.

And so, I began my rebirth from the caterpillar into the butterfly.

I am a firm believer in the power of positive thinking. It is important to believe in yourself and trust your inner voice. Believe that you can...and you will! I visualized myself confidently reaching my goals. I embraced new food and exercise habits, which were essential for sustainability. I welcomed the encouragement and caring support that my loving family and my MA 9 Pittsfield TOPS friends provided. It's not that I COULD not have lost the weight without TOPS...it's that I WOULD not have! TOPS kept me motivated to successfully reach my weight loss goal. So, I let my spirit soar, saw light and joy in everything, boldly spread my wings and transformed into a beautiful KOPS butterfly.

There was an error at SRD and Deborah was not given her award. Deborah was able to share her story at Fall Rally. Congratulations!!!!

Local chapter members attend IRD



IRD was held in Milwaukee



Kathy from 0395 Greenfield and Jeanette from 0412 Westfield went to IRD together. They visited TOPS Headquarters .



Visited the Esther Manz's garden.



Kathy and Jeannette pose near a stand up cut out of Esther Manz.



Kathy pointed out 0211 Chicopee's brick. 0395 Greenfield's brick wasn't laid down yet.

Submitted by
Linda Laflam Ma
0383 Easthampton

Natural Remedy
Reference guide on
last page

Weight Loss
Motivation Quotes
III

It doesn't matter how many say it cannot be done or how many people have tried it before; it's important to realize that whatever you're doing, it's your first attempt at it.

Unknown

The world may look down on you as you fight your way to the top, but as soon as you get there they will have no choice but to look up to you.

Allen Steble

At first they will ask you why you're doing it. Later they will ask you how you did it.

Unknown

Do something today that your future self will thank you for.

Unknown

A year from now you may wish you had started today.

Karen Lamb

Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.

Saint Francis of Assisi

Nothing happens until I make it happen.

Scott Wilson

There is no such thing as a long piece of work, except one that you dare not start.

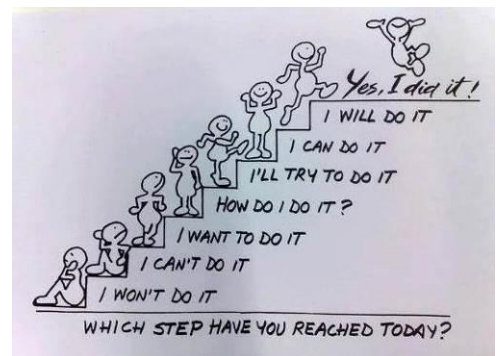
Charles Baudelaire

Increase of membership

As of January 1 , 2015 our membership / renewal will be \$32 spouses or children \$16 with 1 magazine. Until new form are sent out please use old ones and change the amount for membership on form. Please try your best to remember so Rosie won't have to send out reminders.

A big Thank You

Rosie and her team of Area Captains want to thank the chapters that sent in their \$15 donation when reminded they needed to. In the future even if your chapter doesn't attend Fall Rally you are responsible to send in a basket or \$15. Thanks again



Remember

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



Terri

NATURAL REMEDY REFERENCE GUIDE

www.greentidings.org
www.facebook.com/GreenTidings

Cold/Flu

- Probiotics
- Garlic
- Elderberry syrup
- Apple cider vinegar
- Vitamin C
- Hydrogen Peroxide in ears
- Oil of Oregano
- Eucalyptus Oil (external)
- Peppermint
- Vitamin D

Digestive Issues/Ulcers

- Probiotics
- DGL
- Vitamins A, C, E
- Co-Q10
- Zinc
- Silica
- L-Glutamine
- Cabbage Juice
- Linoleic Acid
- Celery
- Cucumber
- Kale
- Peppermint
- Ginger

Anxiety/Stress

- L-Theanine
- Cherries
- Chamomile
- Skullcap
- Kava Kava
- Passion Flower
- Valerian
- Lemon Balm
- Rescue Remedy
- 5-HTP
- GABA
- Magnesium

Heartburn/GERD

- Probiotics
- DGL(Deglycyrrhizinated Licorice)
- Co-Q10
- L-Glutamine
- Silica
- Peppermint
- Ginger

High Blood Pressure

- Apple cider vinegar
- Celery
- Cucumber
- Co-Q10
- L-Glutamine
- Calcium/magnesium
- Garlic
- Primrose oil
- Cinnamon

Arthritis

- Turmeric
- Omega-3 Fatty Acids
- Epsom salts (external)
- Alfalfa seeds
- Cinnamon
- Ginger
- Vitamins C and D
- Olive oil
- Green tea
- Glucosamine
- Selenium
- Onions and leeks
- Tart cherries, black raspberries, grapes, and eggplant

Seasonal Allergies

- Probiotics
- Quercetin
- Apple cider vinegar
- Turmeric
- Honey
- Saline nasal rinse
- Omega-3 Fatty Acids
- Stinging Nettle
- Butterbar
- Peppermint