

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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KOPS Honor Society

I'm excited to say we have started our KOPS Honor Society; the name is The Four County KOPS. For the first meeting I will be your Kaptain and we will need to find someone to take on this position. Ko-Kaptain is Jeanette Fletcher, Kashier is Amy Garron, Keeper of the minutes is Denise Morgan and our photographer is Carol Whitehead. Thank you to all that volunteered to help out. Our next meeting will be June 13th. A letter will be sent to all leaders and KOPS to give you more information.

Did you know that your eating and activity behaviors can not only have an effect on your weight, but also on those around you? Studies have shown that individuals who have made healthy changes in their lifestyle can "transmit" these new habits to family members and friends. Commonly termed the "halo effect", your newfound healthier ways of eating and exercising might mean improved health and weight for your children, significant other or friends! Who said weight loss can't be contagious? Why not lead the way to better health and nutrition by setting an example for your family and friends? Sounds a little like a TOPS chapter.

SRD Happenings

SRD was a great deal of fun, inspiration and education. Lee Allen was our chairperson this year and as usual did a fantastic job. Lee I appreciate all your hard work.



Ron Azzu and Beverly Enos talking about colors



Western MA Division Winners

Sue Jette MA 0211

Chicopee

Karlana Henry MA 0395

Greenfield

Far Right

Ruth Greene MA 0412

Westfield

Not Attending SRD

Donald Gosselin MA

Chicopee



Is weight loss contagious?



THE YELLOW ROSE

A while back Gail Lewis asked the AC's if they had any gowns her queen could borrow. Jan had a hard time shopping and couldn't get her own dress. My mom was our chapter queen she lost over 80 pounds. I only kept 2 pieces of clothing on being her gown. I don't know why I let Jan borrow the dress I plan on wearing someday. The day of SRD was a little emotional when I first saw her in my mom's dress .Later on that day I had one more surprise Jan was Queen of MA and during the Yellow Rose Ceremony she gave her Rose to me. I still have my Mom's rose and now I have Jan's located in my car to remind me as Jan said 'your mom was chapter queen in this dress, I wore it to become state queen and you too

can wear it to become a KOPS".

Weight losses and Pictures may be found on www.matops.com

The "All About You" workshop was very interesting. Diane Trayah did 40 ways to tie a scarf; she had a hairdresser come a talk about makeup and hair care. Beverly Enos did a program on colors. I did a presentation on Satin Hands and the importance of wearing a foundation with SPF in it even if it isn't a Mary Kay product. (just a little note on 20/20 they tested the makeup and there were things in it that weren't safe for us. The makeup was bought in New York, but they also mentioned the Dollar stores. Think twice, before you purchase.

I know there were members that were upset about different things. I apologize for any problems you might have had. All of our helpers are volunteers and we try to do the best we can and I know I make mistakes, everyone does. I've been in TOPS over 20 years and with Dave and myself being on stage my name is still pronounced wrong. I enjoy going to SRD's and Fall Rallies to see the

members from the other side of the state.

MA 0211 took 2nd Place

MA 0211 Chicopee came in second for the David Fox Award. Their chapter lost an average of 8.28 pounds per member. The chapter has 10 TOPS and 4 KOPS.

Congratulations!

Wellness News from Tops

The summer brings back many fun activities to keep us busy and moving. Whether you prefer land or water, organized sports or a backyard game, there is something for everyone. Use some of these ideas the next time you are looking to fill your day with something fun and active.

Fashion Show



Marsha, Halina, Terri and Pat C



I had 4 members of MA 0211 Chicopee model in a fashion show for The Avenue on Riverdale Road in West Springfield. We all received 40% of our order that day. Sizes 14 to 32

6 Ideas for Fun Summer Activities

- Plan an outing. Get a group together for some mini golf or take the family paddle boating.
- Go to the beach. Take a walk along the shoreline or go for a swim.
- Get to picking. Visit your local farmer's market or find a pick-your-own fruit farm.
- Get competitive. Play yard games like bocce ball, croquet or badminton, or join a summer league for sports like volleyball, kickball or softball.
- Enjoy nature. Take in the beautiful sights and sounds while bird-watching or going for a nature walk.
- Have a rain plan. Check out your local rec center or YMCA and start a game of racquetball or expand your knowledge by visiting a museum or aquarium.

Thank You 0383 Easthampton

Easthampton 0383 hosted a workshop and very few chapters showed up. We understand if the leaders are telling their members and they choose not to go. Sometimes being away from your family 2 evenings in one week is also hard. I received three phone calls from members

that they weren't told about it until it was too late to go. Leaders, please share all information with members. The speaker spoke on Mindless/Mindful eating and we talked about the 21 Day fix. Dave Lavigne was first place loser with a loss of 9.75lbs and Marsha Dube lost 1.75 the both received a special charm.



Next workshop.

June 27 at the Shriner's hospital at 9:30

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



Terri