

The TOPS Reminder

Happy Heart Month

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us February 2016

KOPS Honor Society

Their Party was a great deal of fun. The next meeting is the first Saturday of March. Your new KOPS Kaptain is Ruth Greene. I will still email out their letters for them. Ruth is the hospital but the meeting will go on as planned.

Chapter Visits

411 Westfield, March 1
412 Westfield, March 1
383 Easthampton, March 9
395 Greenfield, March 23
423 South Hadley, March 23

TOPS RULES

At the workshop a few issues came up that I would like to clarify to all.

Bank statement

Your chapter's bank statement **NEEDS** to be sent to the leader or co-leader, anyone besides the treasurer. Please take care of this if your treasurer is receiving it now. Three names are needed on the account.

Memberships

Please don't hold on to membership or renewals. Members as soon as your renewal Arrives in the mail you can pay it and it won't change your anniversary date.

Forms

Please have a KOPS registration on hand so if you have someone that reaches that special goal in TOPS they don't have to wait to register. Please send a \$5 check to Rosemary Smith, Rosie will need to send your' check back if it's written to TOPS Headquarters, they will only accept one check from her. Please destroy old forms or change the \$4 to \$5. Submitted by: Rosie Smith

Canceling of Meetings

Try to consider the entire chapter when you cancel a meeting. This past month I received 3 phone calls from prospective new members that went to the chapter hall and no one was there. It also makes it hard if a KOPS is out of Le-

way. Please let me know if you have a planned cancelled meeting.

Designates

As far as I know these chapters still need a designate.
0029 Ware,
0187 North Adams,
0415 Chicopee,
Rosie has said this is highly recommended.

This needs to be done yearly



The Area Captain's Program

For 2016 is **LEAN ON ME FOR SUPPORT.**

My program has arrived and I'll soon be calling you to set up a date to visit your' chapter.

New KOPS

411 Westfield, Ruth Greene
Jackie Jordan
395 Greenfield, Richard Henry
Paula Girard, Karlana Henry
10 yrs. Consecutive KOPS
0395 Greenfield
Carolyn Pollard 2/1/16
CONGRATULATIONS!!!

My Yummy Recipe for Inspirational Soup



“Soup is a lot like a family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavor.”

—Marge Kennedy

We all LOVE a bowl of warm, hearty, healthy soup on a cold winter day- right? So to my surprise January is National Soup Month in the United States. I have always been a lover of soup. I am a vegetarian and good, old fashioned soup combines all of the ingredients making one delicious, nutritious, convenient meal. This is my perfect opportunity, in honor of National Soup

Month; I would like to share with you my favorite “soup” recipe: Inspirational Soup! I am not much of a cook, those who know me would agree, but Inspirational Soup, we can all make, and I believe it is the foundation of all soups of life really! With this soup no calorie counting is necessary, indulge to your hearts content, and feel grounded in your own greatness and goodness. ENJOY!

My Inspirational Soup

INGREDIENTS

- Every day dose of meditation
- 2 tablespoons kindness
- 2 cups trust
- 1 cup serenity
- 2 teaspoons hope
- 3 cans love for others
- 1 can awe
- 1 tablespoon amusement
- 2 tablespoons joy
- 8 cups self-love
- A dash of interest, to taste
- A big bunch of gratitude, for garish

DIRECTIONS

1. *In a large heart, meditation, kindness, trust, serenity, hope, love for others, and awe; allow to simmer.*

2. *Add amusement and joy, and stir well.*
3. *Pour in the self-love, and keep warm, stirring as needed until tender.*
4. *Add interest to taste, and garnish generously with gratitude.*
5. *Portions to everyone you know.*

My inspirational soup has a shelf-life of: forever! It is calorie-free, so incredibly nourishing and fulfilling. I invite you to enjoy it while reading a good book, spending time with friends and family, during work breaks, at the movies, during exercise and on walks; absolutely everywhere. I promise you will be amazed by how much it fills you, satisfies you, and brings you and others joy.

Thank you Weight Recorders



Dave Lavigne 0211 Chicopee

Jeanette Fletcher 0412
Westfield
Rebecca Gleason 0229 North
Adams (not shown)
Sharon Marks 411 Westfield
Leader
These 3 weight recorders
& leader went the extra mile to
participate in my holiday
challenge.

Winners:

KOPS

0411 Westfield , Bill Carroll
0412 Westfield , Dan Aguda
Joan Boulrice, Grace Wade

TOPS

0211 Chicopee, Darnelle
White
0411 Westfield, Mary Ellen
Walker
0412 Westfield, Carol Mercier
0229 North Adams, Gerry
Lesure

CONGRATULATIONS!!!!!!

Thank you

Rest in Peace



Each person wrote I can't
messages and we laid them to
rest. I did this at my chapter
and we had a long discussion
how to keep them buried.

Westfield 411

During our Holiday contest,
our KOPS winner was Bill
Carroll and our TOPS winner
was Mary Ellen Walker, with I
believe, a 7 pound loss. They
each won \$20. Submitted by
Sharon

April Medeiros



Talked about diabetes and
how to keep it under control.



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

Terri

I have used **SMART goals** for other parts of my life. I thought if you were struggling you could use this method.

More than 35 percent of New Year's resolutions never even get started when January 1st rolls around. Of those that do, almost 50 percent do not make it past the end of January, and fewer than 10 percent are held onto for the entire year. If you're looking to make this year different, maybe it's time for the SMART approach.

SMART is an acronym for Specific, Measurable, Achievable, Realistic, and Time-sensitive, and is an approach that can be applied to any goal you may have for the new year — including your weight-loss goals!

Want to learn how to take the SMART approach to your goals? Check out the image below:

Is Your Goal a SMART Goal?

A SMART resolution is not a basic statement or wish; it is a clearly drawn pathway to success, and a way to state not just what you want, but what you will do to accomplish it.



Clearly define your goal. Make it as specific as possible, and write down exactly why you want to achieve this goal.



Make your goal measurable. Whatever you want to achieve, make sure you have a way of measuring when you meet your goal.



Is your goal achievable in the allotted time? What steps must you take in order to achieve this goal?



Be realistic about how long it'll take to reach your goal, and the steps you're taking to get there.



Time sensitive goals are more likely to be achieved, whereas a loose thought will get piled behind a to-do list that keeps on growing.



The 80 Board

TOPS Rules: each week you **lose**, you may sign a square.

KOPS Rules: each week you are at or below goal, you may sign a square.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64
65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80