

The TOPS Reminder

A newsletter for Western Massachusetts Counties:

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us February 2017

What I am looking for is not out there, it is in me. Helen Keller

Congratulations Shelburne Falls on your 50 Anniversary

FORMS REMINDER

Since the coordinator has been removed from the process of new members and renewals, there are only three copies to the application form now. The original goes to headquarters....the chapter keeps a copy and the third copy goes to the member as their receipt of payment. Rosie is still receiving renewals and new member forms please send them to headquarters.

SRD FORMS All forms are on www.matops.com

SRD visits the 1920's this year there are three wonderful speakers planned. This year we also have the pleasure of having our TOPS president Barbara Cady. If you don't ever think you will attend an IRD this will be a great opportunity to listen to her speak. Barbara is very inspirational, try not to miss this opportunity.

WELCOME TO NEW TOPS MEMBERS

January

Elizabeth Imimbo MA 0395 Greenfield
Melissa Potter MA 0383 Easthampton
Wendy Marion MA 0423 South Hadley

February

Linda Pearson MA 0001 Springfield
Calista Dibble MA 0001 Springfield
Patricia Pritchard MA 0009 Pittsfield

February mailings The Chapter Manual revision is finished each chapter will receive a free copy. A coupon for a second free manual shall be included in the February chapter mailing that goes to Chapter Leaders. Don't forget to return your coupon to TOPS

Headquarters by the deadline so you can receive your additional **free** copy to be available for use by the Weight Recorder. Please throw out all out dated materials.

CHAPTER NEW MEMBER COACH Does your chapter have a Chapter New Member Coach? This is not to be confused with a greeter. This is a job for someone in your chapter that loves people, can easily talk to new people, and help those with questions get answers. This position is assigned by the leader – it is not an elected office. Is there someone in your chapter that fits the job? To know more about this job, see page 36 in your MAKING YOUR CHAPTER GREAT Chapter Manual. It will tell you all about it. I know some of the chapters have a chapter coach let's see if we can get all of Western MA chapters the best they can be. We can do it!

HONOR SOCIETY

They met March 4, 2017. Meeting place was the Brew Master in Williamsburg. Bring a friend to see what they are all about. Meeting dues are \$3.00. For information, call Ko-Kaptain Jeanette Fletcher 413-562-4516 or email Area Captain Terri Lavigne at losingweight@tlavigne.us and I will help you.

CONTEST

This is the last month to join my 10 pound challenge. If you want to join us and aim to have a loss of 10 pounds this year email me at losingweight@tlavigne.us

Chapter Visits

March 8 0211 Chicopee
March 22 0395 Greenfield Awards

Western MA Area Captain
Terri Lavigne