

# The TOPS Reminder

A newsletter for Western Massachusetts Counties:  
By Terri Lavigne (413) 532-7664 [losingweight@tlavigne.us](mailto:losingweight@tlavigne.us) April 2017

“If you think you can you will if you think you can’t you won’t”

## Congratulations! Doris Felton on your 49th TOPS Anniversary

### FALL RALLY

On October 28, 2017, I will be chairing Fall Rally in Leominster at the Double Tree Inn.

The theme for the day is “Keys for Success” I will need a great deal of help please email me as soon as possible to let me know you want to volunteer. Just a reminder, success is not only measured by the number on the scale. I’m looking forward to hearing about all the success in your life.



Jill, Lenore, Kathy, Virginia and Gloria from MA 0395 Greenfield

### WELCOME TO NEW TOPS MEMBERS

#### March

Joseph Kwiecinski	MA 0395 Greenfield
Michelle Fitzback	MA 0029 Ware
Stella Wibby	MA 0009 Pittsfield
Cassandra Pugh	MA 0009 Pittsfield
Linda Comstack	MA 0179 Shelburne Falls
Alice Reed	MA 0415 Chicopee
Katie Brown	MA 0415 Chicopee
Maryellen Bombard	MA 0415 Chicopee

**Chapter Manual**, second edition all Chapter Leaders received their free copy and coupon for a **free** second one. Must be received by May 31, 2017. You might want to order a few for the chapter to have in the chapter in case members are interested in the TOPS rules. Judy Pettit, Regional Director pointed out that we should share chapters 1 and 2 and the TOPS members Bills of Rights. These rules take precedent over bylaws.

### **The Four Kounty KOPS HONOR SOCIETY**

They meet three times a year in different areas of Western MA. Meeting dues are \$3.00 and \$10 a year. The Society has meetings to discuss KOPS issues and then will go out to lunch. For information, call Ko-Kaptain Jeanette Fletcher 413-562-4516 or email Area



Captain Terri Lavigne at [losingweight@tlavigne.us](mailto:losingweight@tlavigne.us) and I will help you. KOPS deserve to do something just for themselves.

### **CONTEST, MY 10 pound challenge**

I hope you are all on you way to losing your 10 pounds. I have chapters 0211 Chicopee, 0423 South Hadley, 0395 Greenfield and 0412 Westfield. Just think all you need to lose is a little over a pound a month. I BELIEVE in us.

### **Judy Pettit's Announces her Challenge at SRD for 2017**

Check out center pages of the April/May issue of TOPSNEWS. Follow the directions .cut and burn those calories and you can say "Mission Accomplished." And do your part in reaching Barbara's Million pound mission. Judy will send direction to your leader on how to report to her who reached this challenge at the end of the year.

## **Chapter 0395 Greenfield**

On March 22<sup>nd</sup> Greenfield their celebration of division, KOPS and royalty.

The following KOPS were KOPS in Black for 2016

Doris Bora, Pat Webb, Dottie Howes, Lucille Paquette, Carolyn Pollard, Ione Wickline, Kathy Porrovecchio. Congratulations on the great job!



Queen Joan Taylor & Co-leader Kathy Porrovecchio



## **Division Winners**

Division 3 Ann Louden

Punky Vanderstine

Mary Alfonso

Division 4 Phyllis Gebert

## **Chapter Visits**

April 10 0001 Springfield  
April 12 0395 Greenfield  
April 24 0187 North Adams  
April 25 0412 Westfield  
April 26 0229 North Adams

## **Reinstated KOPS Member.**

Deborah A Pelletier, MA 0411 Westfield

## **Western Mass SRD info**

Winners are listed on [www.matops.com](http://www.matops.com)



Regional Director, Judy Pettit with Marsha Dube from MA 0211 Chicopee was re-instated as KOPS. Terri Lavigne was honored to receive her yellow rose during the yellow rose ceremony.

## **Judy Cheniel 30 year KOPS**

Just like our tops President Barbara Cady. I joined TOPS as a teenager in 1963. That year I was crowned TOPS Princess. As the years went on I married, was a stork member 4 times, club officer, and KOPS. I have kept my KOPS for over 30 years and strive each week to stay safe. My fellow members are great cheerleaders and help me when I need it. I hope to always be a KOPS and will try to do just that, One Day at A Time.

### **DORIS McNABB YOUNGQUEST 25 year Pendant 26 year KOPS**

Just like many of us Doris shared with me that she reached her goal and unfortunately gained her weight back, she said she just wasn't ready. Doris receives a great deal of support from her chapter 0187 North Adam she reached KOPS again without them she would have had a hard time maintaining her status. Doris wants to share to remember to read to your labels and keep your down sugars amounts, the more you have the more you will want. As a 25year KOPS Doris will be attending IRD in Montreal. I hope to be there to support her. Congratulations!

### **Ione Wickline 5 year KOPS**

I joined 0395Greenfield that I became serious about my weight loss. There was something about that chapter and its members' support for one another and focus; something just clicked inside me. I felt that I belonged there, part of their TOPS family. If those members could "do it", maybe I could also. I changed my attitude, became an "I can" thinker, became a "doer". I took my health seriously and set about making changes to drop those extra pounds I had carried for years. With the members' support I was successful. I lost a total of 78.75 pounds to my KOPS goal. Becoming a KOPS was one of the best decisions I've made.



**Judy Cheniel**



**Doris McNabb Youngquest**



**Ione Wickline**

**Western MA Area Captain,  
Together We Can!  
Terri Lavigne**