

The TOPS Reminder

A newsletter for Western Massachusetts Counties:

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

I CAN - I WILL - I MUST

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.** Hotel is \$99 plus tax. Information is on Fall Rally is on www.matops.com

WELCOME TO NEW TOPS MEMBERS

May correction

Henry Babcock	0229 North Adams
Patricia Babcock	0229 North Adams
Debra Berthiaume	0415 Chicopee

June

Henrietta Finch	0001 Springfield
Shirley Palmer	0001 Springfield

July

Janet Janke	0411 Westfield
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NEW KOPS

Phyllis A Gebert from 0395 Greenfield **Congratulations!**

REINSTATED KOPS

Marion C Parks from 0411 Chicopee **Congratulations!**

FROM ROSIE OUR CORDINATOR

Hi Terri and Western MA Chapters,

Thank you all so very much for all your get well cards and wishes. Your generosity was greatly appreciated. We enjoyed our dinner at the 99 Restaurant and it was awesome to able to walk on my own with David and enjoy our meal. TOPS Members are the best.

Hugs
Rosie

CONTEST, MY 10 pound challenge Barbara Cady's report

A big thank you to all my weight recorders in Western MA, **YOU ARE THE BEST! I had 100% response to total amount of losses so far this year.** Area Captain, Lee Allen met with Rosie and Lee is going today to IRD to represent Massachusetts during the meetings the coordinator attends . Some chapters said they were disappointed with their totals we still have almost 6 months to turn it around. I believe in you but most of all you need to believe in yourself. **Fall Rally has contest to get you through the summer we can use them to motivate us. Let Western MA shown others what we can do. ☺** So far in my contest these members lost 10 pounds plus.

0211 Chicopee Cassandra Burgess 12lb loss

0179 Shelburne Falls

Nancy Boyle 12 pounds

Linda Wagner 24 pounds



0395 Greenfield Phyllis Gebert(photos) 13lbs loss
Debbie Stone 15lbs loss

CONGRATULATIONS! PHILLIS ON YOUR KOPS STATUS

Phyllis Gebert joined 0395 Greenfield on June 8, 2016 and became a KOPS on May 3, 2017 with a loss of a little over 40 pounds in less than a year.

She has a wonderful personality and attitude and is a great addition to our chapter.

When the definition of KOPS was explained to Phyllis she said “I want to be one of those” and with determination and losses week after she is one.

Submitted by Eunice Stanley co-Leader 0395 Greenfield

Chapter Visits

July 13, 359 Worcester

July 19, 211 Chicopee

July 20, 451 Pittsfield

July 20, 009 Pittsfield

Health Fairs

If anyone knows of any place for me to set up a table please let me know in advance, we need to get out the word of TOPS. I'm in East Springfield this Saturday and at the Eastfield Mall on December 6th. I need the advance notice to receive material from headquarters.

CRANBERRY ICE

8 servings

- 2 (1 lb.) cans [jellied cranberry sauce](#)
- 2 cups carbonated lemon-lime beverage or
- You can use sugar free beverages

DIRECTIONS

1. Beat cranberry sauce on high speed with electric mixer until smooth, about 5 minutes.
2. Gently stir in lemon-lime soda.
3. Divide mixture to fill 2 ice cube trays. Freeze until firm.
4. Transfer cubes to food processor and mix until frothy.
5. Pour into 1-quart container and cover. Freeze until 30 minutes before serving. Spoon into serving dishes and garnish with mint leaves or whipped topping.
6. Submit a Correction

FORMS

Reminder please send new member and renewals to headquarters, your leader received a few membership forms and labels with the address to headquarters. **KOPS**: New KOPS, lost status and change of goal are sent to Rosie. Please send your L-1 to Rosie, if you don't send it in your leader and web designate will not be able to get into your chapter's information.

Visitors

If you have a visitor to your chapter, please have them write their name and number down so you can see how they felt about the meeting and welcome them back.

The Four Kounty KOPS HONOR SOCIETY

The Society held their meeting Saturday July 8th, at the Brunelle's Marina in South Hadley with 16 KOPS and one visitor. On Saturday they had 5 new KOPS members from 0395 Greenfield they were Carolyn Pollard, Ione Wickline, Carolyn Bellany, Pat Webb and Lucille Paquette joined the society.

They were able to visit with their KOPS friends as they took the Lady Bea Cruise on the Connecticut River. They finished up their day by having a meeting of KOPS support, which was led by Ko- Kaptain, Jeanette Fletcher. The winners of their contest from their last meeting, first Place Gloria Freyenhagen and Second place was Paula Girard.

Congratulations Ladies! Their next meeting is December 9 at the Brew masters Tavern located in Williamsburg, if I receive any information I will pass it on. If you have any questions call the Kaptain Ruth Greene at 688-642-5686 or Ko Kaptain Jeanette Fletcher at 413-562-4516

Installation of honor society officers took place. All officers stayed the same except Marty Glaser who took over as Korrespondent.

Pictures are on the next page.

Remember, I am here for you!

Terri





