

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties
By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us January 2018

Happy & Healthy 2018

CONGRATULATIONS Last year I challenged my chapter member to reach Barbara Cady's challenge of losing 10 pounds. Each chapter that signed up and emailed the names of their members that achieved the goal, three names were chosen. They BELIEVED!!!! I put all the names in a hat and had someone at my resume workshop pick the winners.



First place Cassandra Burgess from 0211 Chicopee lost 13.75lbs, was given a "believe" keychain second place Darlene M King from 0179 Shelburne Falls with a loss of 10.25lbs and third place Andrea Leutsch from 0412 Westfield with a loss of 12 lbs. Congratulations to all that reach their goal.

ROLL CALL When a chapter is doing roll call a member is allowed to pass and not say what they did on the scale. Weight recorders should not announce it for them. Please refer to Chapter Manual page 4 “Members Bill of Rights” number 2.

WORCESTER COUNTY I’m happy to announce “As of January”, I was officially named Worcester County’s Area Captain. I want you know that I’m here for you and don’t hesitate to call or email me. If you have something you want me to put in the newsletter, a contest, a new KOPS a special celebration. “When I was visiting”, some chapters mentioned having a workshop. If you have a place let me know and we can set it up. “Let’s make 2018 a great year for Western MA and Worcester County.. I know we can do this!!!

PUBLICITY VOLUNTEERS I’m looking for more volunteers, it doesn’t take much time. You will receive pamphlets and tear off sheets to place in different businesses. We have a magazine, Healthy and Active, the doctors’ office can have them sent to them for free. I have the following volunteers.

Dave Lavigne, Hampden County Holyoke

Maryann Sullivan Worcester County, Athol

Grace Reppucci Worcester County, Sturbridge

Laurie Halpin Worcester County, Worcester

I could use some help in all of Western MA, but any help in any county will be useful.

TOPS is nonprofit and this is one way, without spending large amounts of money, we can get the word of TOPS to the public.

WELCOME TO NEW TOPS MEMBERS

January

0423	South Hadley	Patricia Davis
0395	Greenfield	Christine Ewing
0511	Pittsfield	Jill Greene
0511	Pittsfield	Ann Clark
0009	Pittsfield	Ann Marie Kibbe
0009	Pittsfield	Beth Dicarlo
0229	North Adams	Regina Pare
0229	North Adams	Cheryl Daub
0229	North Adams	Marcel Archambault

New KOPS

MA 0009 PISTTSFIELD

Patricia Watroba

CONGRATULATIONS A NEW CHAPTER HAS FORMED IN
PITTSFIELD MA 0511 Welcome!!!

Has lost 30 pounds and had 2 no gain meetings!



CHAPTER VISITS

0187 North Adams	Farwell Celebration, disbanding after 50yrs 1/2	
0447 Sturbridge	Area Captain Program	2/9
0001 Springfield	Area Captain Program	2/12
0507 Worcester	Area Captain Program	2/8
0359 Worcester	Area Captain Program	2/8
0029 Ware	Area Captain Program	2/20
0423 South Hadley	Area Captain Program	2/21
0412 Westfield	Area Captain Program	2/27

HAPPY TOPS
ANNIVERSARY

SUSAN HORNYAK

11/9

41 years

0451 PITTSFIELD

ROSALIE LISCIOTTI

01/5

46 years

9236 LEOMINSTER

BE OUR GUEST FOR BREAKFAST!

The Governor's Center 66 Broad Street Westfield, MA 01085

413-241-1076 or email Roxane BDD@governorcenter.com by February 14th. Meeting will be in the main dining room at 9 am. Guest speaker will be Susan Seymour, OT, she is the Director of Rehabilitation at the Governor's Center. Let me know if you are interested, I would like to go.

AC sale

This is what is for sale this year that goes with the Area Captain Program.

A Pad of paper and glow in the dark bracelet, \$3. Let me know so I can have them for our visit.



CONGRATULATIONS!!

Thanks to all the chapters who participated in the recent Chapter Survey sponsored by TOPS Club, Inc. Every chapter that completed the survey was entered in a chance to win a gift card. There was one winner in each Regional Director's area. I am happy to say that the winner in our region was chapter MA 0411 Westfield. Way to go Westfield!! Congratulations! Mary Ellen (from Judy's newsletter)

Reach for your goal!

I believe in you.

TOPS Caring

Terri