

# The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties  
By Terri Lavigne (413) 532-7664 [losingweight@tlavigne.us](mailto:losingweight@tlavigne.us) March 2018

CARING IS ALWAYS IN SEASON

**RESUMES:** I want to thank all the chapters for attending my resume workshop or sending your weight charts in so we could do the resume for you. There are many members who reached Barbara Cady's and my 10# challenge. I would love to see you acknowledged at SRD or within your chapter. If you ever need some help don't hesitate to ask.

**PUBLICITY VOLUNTEERS** I'm looking for more volunteers, it doesn't take much time. You can ask help from your chapter. You are given pamphlet to pass out to your doctors' office, laundry matt or any place you may visit. We have a Healthy and Active Magazine, which is a combination of the last years' best stories from TOPSNEWS. Your doctor receives 25 magazines and can or more when those are gone.

## **WELCOME NEW TOPS MEMBERS**

### **February**

MA 0211 Chicopee

Dixie Diamond

### **March**

MA 0415 Chicopee

Donna Wodecki

MA 0383 Easthampton

Kaleta Michelle

## **REINSTATED KOPS**

Congratulations

Betty Sikes

0411 Westfield

## **SRD Registration**

Remember to send your forms in on time. If you are looking for a form you can check out [www.matops.com](http://www.matops.com)

# MY YEARLY CHALLENGE

I have 28 chapters and within following Our Million Pound challenge and Judy Pettit's 10# challenge, let's do it again.

Each chapter will contribute \$10 by May1, 2018. After the resumes are finished we will have two winning chapters and 2 individual winners. The individual winners will win a TOPS BAG donated from me. The amount will depend on how many enter the contest. I will print the names of the winners in my Newsletter and anyone that loses 10 pounds will have their name printed in Newsletter. Together we can make a difference!

## **CHAPTER CHALLENGES**

One way to get motivated is to have contest. I was thinking if you wanted to be matched up with a chapter with the same amount of members. You can include exercise, weight loss, contacting each other. **PLEASE** let me know either way if you want to participate in the challenge. (by the first week of April ) Thank you

## **CHAPTER VISITS**

March 14th	0229 North Adams
March 20th	0411 Westfield
March 21st	0383 Easthampton

## **LOOKING FOR CHAPTER TO HOST FALL RALLY**

If your chapter is interested in hosting 2018's Fall Rally please let us know as soon as possible. As far as I know we don't have a venue yet. A short presentation would be needed for SRD. Thank you for your consideration.

**The Four Kounty KOPS Honor Society** will hold their spring meeting April 14th at Collegian Court in Chicopee at 12 pm. The agenda is planned to have past royalty share their journey how they became and maintained their KOPS and royalty status.

For anyone interested if you are 5pounds away from your goal you can come see what we are all about. Meals are ordered off the menu, so what you order is your choice. If you have any questions please call Ruth Greene at 688-642-5686 or Jeanette Fletcher at 413-562-4516. Hope to see you there. Hamden, Hampshire, Franklin, Berkshire and Worcester Counties are all invited.

## **Asian Peanut Slaw**

1/4th of recipe (about 1 heaping cup): 89 calories, 4.5g total fat (<0.5g sat fat), 198mg sodium, 9g carbs, 2.5g fiber, 5.5g sugars, 3g protein

PointsPlus® value 2\*

SmartPoints® value 2\*

Prep: 5 minutes

Ingredients:

4 cups bagged coleslaw mix

1 cup chopped sugar snap peas

1/3 cup low-fat Thai peanut salad dressing or sauce

2 tbsp. chopped peanuts

Directions:

In a medium-large bowl, combine all ingredients. Toss to coat, and enjoy!

MAKES 4 SERVINGS

Remember we are the Authors of our  
Own Stories,  
I Care,  
**Terri**