

# The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

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APRIL SHOWERS BRING TOPS WINNERS

## INSPIRATIONAL WORKSHOP

MARK THE DATE, JUNE 23RD AT THE CHURCH OF THE GOOD SHEPHERD  
209 UNION STREET, CLINTON MA 01510

THIS WORKSHOP IS OPEN TO THE PUBLIC, IF YOU KNOW SOMEONE INTERESTED  
IN TOPS BRING THEM TO THE WORKSHOP. ROBERT TOPOLSKI FROM MA 0081  
DENNIS OUR 2015 STATE KING WITH A LOSS OF 79.50.

MORE INFORMATION TO FOLLOW

## GREETERS/COACHES

It has come to my attention that some of my chapters still have greeters and not coaches. While it is nice to have someone welcome you it is important that you sit next to that member as long as they feel the need help to know what is going on in the chapter.

## ISSUES IN YOUR CHAPTER

If you have a concern about something that is going on in your chapter there is a chain of command to follow. The first place you go is to your leader if she can't resolve it she will go to the Area Captain, Terri, then Coordinator Rosie Smith and she will go Judy Pettit our Regional Director. If you feel you have a problem that you can't go to the leader with call me at 413-532-7664. If you go directly to headquarters they will send it right to Judy who will send it to Rosie and sometimes to me.

HAPPY 50TH TOPS ANNIVERSARY

April 10<sup>th</sup> Doris Felton 0451 Pittsfield

CONGRATULATIONS

## CHAPTER VISITS

May 15th 0386 Uxbridge

May 22nd 0489 Brookfield

May 24th 0333 Clinton and 0184 Fitchburg

**NEW MEMBERS**

Laura Marusarz 0009 Pittsfield  
Karlana Henry 0395 Greenfield  
Patricia Teto  
Wallace Teto 0456 Athol  
Mary Casey 0412 Westfield  
Anne Marie Downey 0415 Chicopee  
Megan Pereira 0489 Brookfield  
Shannon Winsor 0383 Easthapton  
Kathryn Winsor  
Robert Gauthier 0412 Westfield

**Congratulations KOPS**



**0411 Westfield**  
**Loss of 52.75**  
**Betty Begley**



**0009 Pittsfield**  
**Loss of 48.00**  
**Patricia Watroba**

## MY DIVISION WINNERS WHO ATTENDED SRD



Dave Lavigne 0211Chicopee

Patti Watroba 0009 Pittsfield

### CHAPTER DISBANDING

I wanted to thank Carol Gamache, leader of 0415 Chicopee and her board for almost 20 years of service to TOPS. I was always treated nicely and welcomed to her chapter at any time. Carol shared a contest they were doing before they decided they would soon disband and I wanted to share it with you. The members brought in a piece of clothing that didn't fit and were told to let Carol know when they would be wearing it after they lost the weight. Carol purchased her a gift certificate to the Avenue. I'm going to be doing this in my chapter. Thank you for all the support you gave me. I'm sorry to see you go. It is sad to me; I lost 2 chapters and over 30 members this year. It's hard to increase growth when I lose so many members.

## SUGGESTION

Please bring in a note book and have your visitors write their name and number or email so you can give them a call and see what they were looking for. You can always suggest a different chapter.

## SRD BURNI WORKSHOP CHALLENGE

How are members that attended my Backsliders workshop doing working towards their challenge I gave you. Let me know how you are doing, I have lost 9.50lbs towards the challenge.

## PATRICIA WATROBAS'KOPS PARTY

It took Patricia over 40 years to reach her KOPS status but she never stopped trying. She is from chapter MA 0009 Pittsfield.



MA 0009 Pittsfield



MA 0009 KOPS



MA 0009 Rose Buddy



MA 0009 Rose Buddies



MA 0411 Division Winner



MA 0009

Picture #1 Chapter

#2 KOPS: Patti Helen, Roseanna

#3 Patti and Beth Di Carlo

#4 Helen and Roseanna were disappointed that SRD didn't do anything for their –re-instated KOPS like they did the past few years. They bought their beautiful dresses to stand on stage. Helen Perkins presented her rose to Stella Wibby and Roseanna St. Pierre presented her rose to Audrey Mills.

#5 Cindy Weatherwax

#6 Mrs. Hamlen Patti's and Joe's mom  
Judy

**The Four Kounty KOPS Honor Society** will hold their summer meeting July 7th in .South Hadley at Brunelle's Marina at 12 noon, more information to come.

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, or you can bring your own lunch. 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.

Take a moment to look at the pictures below.

## **Remember**

**With baby steps you can climb any mountain to your goal!**



**Terri**

# Area Captain Program



**MA 0395 Greenfield**



**MA 0383 Easthampton**



**MA 0009 Pittsfield**



**MA 0179 Shelburne Falls**



**MA 0412 Westfield**

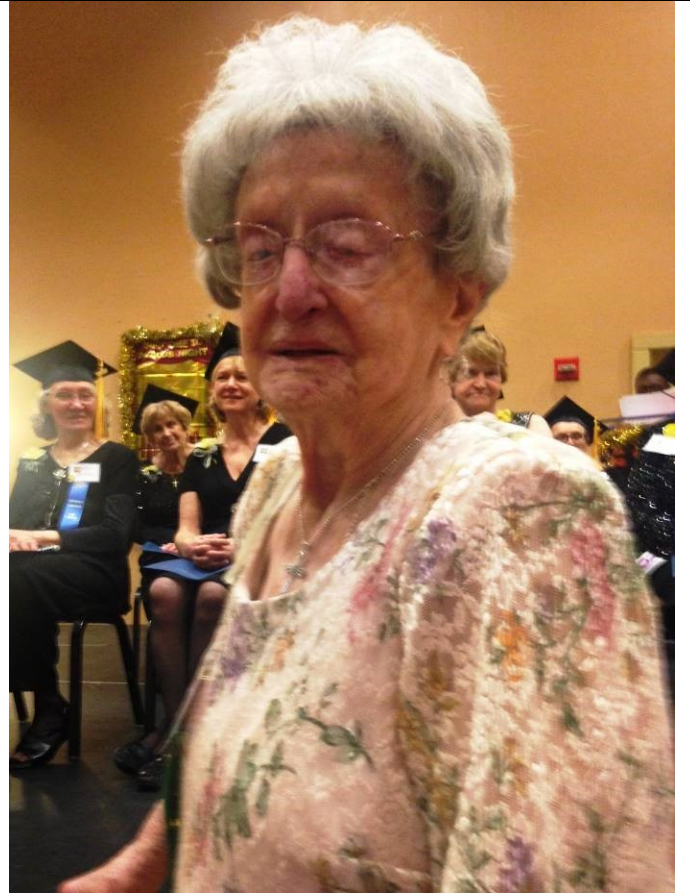


**MA 0411 Westfield**

## Some SRD Pictures



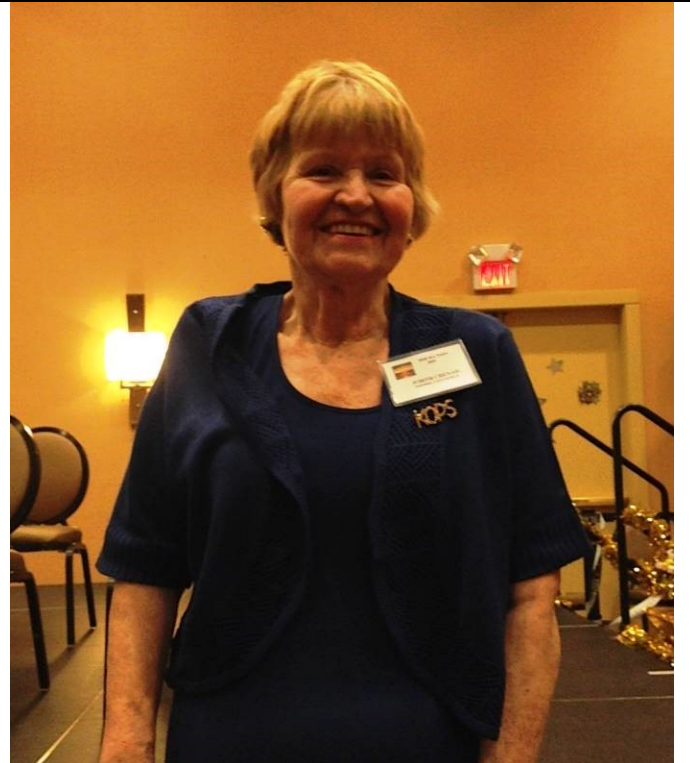
**Gloria Fry. 0395 Greenfield**



**Ione Wickline 0395 Greenfield**



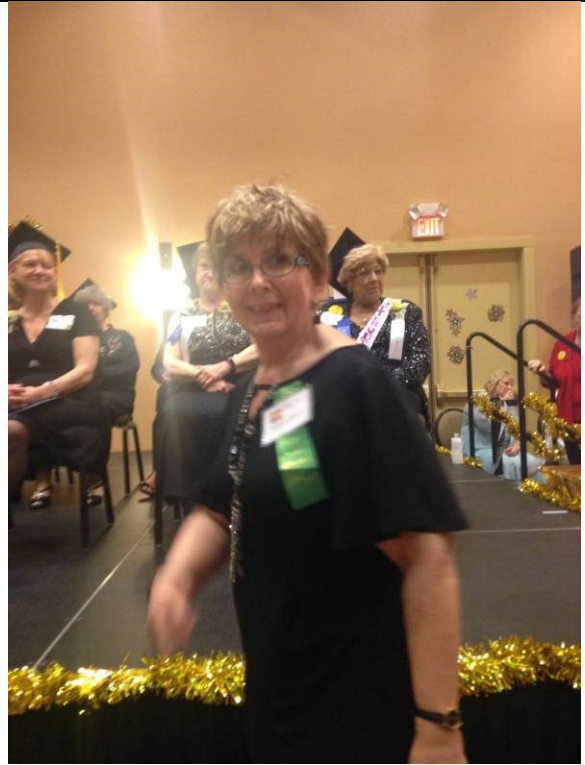
**Jeanette Fletcher**



**Judy Chenile 0009 Pittsfield**



**Paula Girard 0395 Greenfield**



**Rochelle 0395 Greenfield**



**Sylvia Doyle 0179 Shelburne Falls**