

The TOPS Reminder

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

HAPPY 70th BIRTHDAY TOPS!!

INSPIRATIONAL/OFFICERS' Workshop

Pittsfield 0009 is hosting a workshop at the Berkshire Medical Center, 725 North St, Pittsfield, MA. It will be held on September 29th, registration is at 9am, beginning at 9:30 to 2:00. It is right near the hospital. This workshop is open for guests who may be interested in joining.

NEW OFFICERS

I want to thank you for stepping up to the plate and taking on an office. Some chapters have not sent their L-1 forms to Rosie. Please do as soon as possible. Many chapters don't have a designate. Designates are important for a few reasons, you receive the emails from headquarters. You can assist by looking up information, example renewal date. In case your leader is out, you can access other information such as a program or print a form.

FALL RALLY REMINDERS

PLEASE remember to send your forms in on time, if you need a copy you can visit www.matops.com. This year it is mandatory that you bring a basket or send a \$20 check to Rosie, made out to MA TOPS Fall Rally. Since it is TOPS' birthday, Lee is doing something special. Please scan some pictures and send them to Lee. Suggestions, if your chapter has funds why not help members go to Fall Rally?

NEW MEMBERS

July

Maria Santos 0001
Donna Smith 9236
Barbara Boiteau 0489

AUGUST

Donna Joyce Baird 0359
Marguerite Willard 0411
Stormy Dawn Gabryel 0411
Teresa Wilson 0411

WE MORN THE OF A SPECIAL MEMBER



WORCESTER – Ask people about Sister Marguerite Timothy Young and you get warm responses and high praise for the longtime educator, mentor and friend.

The Sister of Notre Dame de Namur had been an associate superintendent in the diocesan Catholic Schools Office since July 2001 and principal of Julie Country Day School in Leominster. Sister Marguerite joined our TOPS MA 248, Northboro Chapter January 22, 2014 and her last meeting was May 23, 2018 and she lost 26.50 pounds with TOPS. We will miss her very much. I had the honor of meeting her. She was a very pleasant lady

**CONGRATULATIONS
TO OUR LATEST KOPS**

JOANNE GRANGER FROM 359 Worcester

**CENTURY MEDALLION ANNIVERSARY
LOSS OF 100 LBS**

TERESA LAVIGNE 0211 CHICOPEE 15 years

CHAPTER VISITS

I have enjoyed my visits with all my chapters. Visiting new chapters and meeting new TOPS friends is always a positive experience with me.

I have two chapter visits scheduled, South Hadley 0423 on September 19th and October 17th chapter 0344 Westfield. I have called the other chapters and I'm still waiting for a response. Please Call.

HEALTH FAIRS OR CRAFT FAIRS

I'm looking for places to set up TOPS tables. I'm making a great effort to get new member. Our chapter, 0211 Chicopee put our chapters' information on the city cable channel. Why doesn't your chapter give this a try. Please give me any suggestions.

Apple Banana Salad with Peanuts

Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. This is a quick, easy meal for a busy day.

Ingredients

- 5 cups** lettuce mix
- 2** ripe bananas
- 2 1/2** medium apples, sliced (14 oz. of sliced apples)
- 3/4 cup** unsalted dry roasted peanuts

For the Dressing

- 1/3 cup plain low-fat yogurt
- 2 tablespoons fat-reduced mayonnaise
- 1 tablespoon honey
- 2 teaspoons paprika

Directions

1. Whisk together dressing ingredients.
2. Slice bananas.
3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

That's all for now! Enjoy the rest of the summer and remember "Your Setback is just a set up for your Come Back!" We all stumble now and again but if you believe, plan, act and persevere, you will succeed! Because you can

Remember I Care,

Terri

MA 0001 Springfield Installation of Officers





IRD in Montreal







CONGRAGULATIONS JUDY!

Judy Pettit, Reginal Director for Maine, Massachusetts, New York, Vermont
New Hampshire, Connecticut, Rhode Island and Overseas chapters won an award for having 90% of her Area Captains
visit 100% of their chapters.











Congratulations to both of our 25 year pendant recipients; Beverly Perrault and Doris Mc Nabb Youngquist!