

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us October 2018

HAPPY 70th BIRTHDAY TOPS!!

RESUME Workshop

Greenfield 0395 is hosting our yearly resume workshop at the Mill House Apartments 75 Street, Greenfield MA. It will be held on January 5th, registration is at 9am, beginning at 9:30 until finished. This workshop is open for members who may be interested in becoming a weight recorder. Please RSVP by December 14th, 2018. Please try to have a meeting the week of Christmas you can always use a travel chart. This could mean the difference between a KOPS losing their status or a member missing out becoming a division winner. (A weigh-in is needed in December for Division Winner or Royalty)

WORCESTER COUNTY

You are welcome to attend the above workshop. If you have a place I can hold a workshop on Sunday January 6th, 2019, I would be happy to help you out. If you would like me to do your resume you can send me your weight charts and I will send it to Rosie.

FALL RALLY DONATIONS

If you haven't sent in your \$20 donation to help with the cost of Rally and SRD please do so as soon as you can. Rosie Smith, 17 Davida Street, Burlington MA 01803. Thank you.

NEW MEMBERS

AUGUST

Dawn Stormy Gabriel
Marguerite Willard

SEPTEMBER

Rita Bean
John Fisher
George Janke
Suzy Leavens
Cathy Clark
Lynn Peters
Kristen Henry

OCTOBER

Laura Sunn
Phyllis Lewis
Michelle Beaudreau
Vicky Daborowski

WE MORN THE LOSS OF SPECIAL MEMBERS

GREENFIELD - Doris (Inglin) Borer, 94, died Wednesday 10/3/18 at home, the Mill House Apartments.

Doris was an accomplished homemaker and talented seamstress. She was a member of the Board of Organized Work at the Franklin Medical Center, the Swiss Society of Boston, the Greenfield YMCA and local chapters of the Red Hat Society, and TOPS. Doris was a KOPS. She will be missed by her chapter 0395 Greenfield. She was a very nice lady. I'm deeply sorry for the chapters' loss.





Mrs. Mauke was a military wife and lived on multiple military bases, including Yokosuka Navy Base, Cherry Point Marine Core Air Station, Camp Lejeune, Picatinny Arsenal and Naval Station Norfolk before moving to Stockbridge, MA in 1981. She was an active member of The Gold Star Wives, T.O.P.S., and a local book club. She was the treasurer for many years for her Pittsfield TOPS group. She will be missed by many. She will be sadly missed by her Chapter 0451 Pittsfield. I'm sorry for your loss.

CONGRATULATIONS
TO OUR REINSTATED KOPS
 CLAIRE HORVATH 0447 STURBRIDGE
 MARILYN CARTER 9236 LEOMINSTER

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 my last visit November 7th in North Adams.

HEALTH FAIRS OR CRAFT FAIRS



I'm looking for places to set up TOPS tables. I'm making a great effort to get new members. 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. If anyone has canopy I could borrow on rainy days please let me know. I would really appreciate it. I was fortunate to have a beach umbrella, but I lost some materials to the rain. I did get 3 members sitting in the rain, YAH!!

CHAPTER PLEDGE

I will do my Best:
 To be supportive to my fellow TOPS members and myself
 To stay focused on a healthy lifestyle, including good nutrition and regular exercise.
 To have a positive attitude
 I am determined to be a KOPS and an example to others.
 Written by Maureen from 0386 Uxbridge

0412 WESTFIELD STOCKINGS FOR SOILDIERIS



CONGRATULATIONS ON YOUR 50th Anniversary
MA 0211 CHICOPEE



REMEMBER SUCCESS IS NOT ALWAYS ON THE SCALE

Audrey is from Pittsfield 0009; she is working on her journey with portion control and exercise. Audrey is on the elliptical which is new to her. Audrey is always willing to try a different activity.



Chapter visits

0344 Westfield



0386 Uxbridge



This colorful carrot-like rubber ducky is our 2019 promotional to go with the Area Captains' 2019 program. The cost is \$3. It is a fun reminder to stay 'rooted' in TOPS support and keep growing. I plan on keeping one in my car because that is the place when I need a friendly pick-me up. Make a good prize for contests.



FALL RALLY PICTURES







Congratulations to all the winners including Terri L of 211 Chicopee who lost 21.5 and John of 439 Taunton losing 13 pounds for being the best losers of the summer.

Pic. 1 Phyllis Paul with Terri Lavigne

Pic. 2 Barbara Pacheco dressed for a skit for the members who turned 70 this year.

Pic. 3 Brian with the members that loss over 100 pounds.

Pic. 4 Chapter 0411 Westfield at Fall Rally

Pic.5 Beverly Enos and her chapter 356 Georgetown had the group play Hollywood Squares

Pic. 6 Terri Lavigne

Pic. 7 & 8 Brian who just told his story about not giving up after the doctors told him he would never walk again. He had a car accident and was in the hospital for four months he has now ran many more. After Brian spoke, Lee asked me to speak because I didn't give up and I got the right to wear my Century Medallion again. I still haven't had a gain yet this year.

Pic. 8 Lee and Brian, Lee did a wonderful job with Fall Rally.

Pic. 9 Gail celebrated the birthdays of the girls who were born in 1948, the year TOPS was found.

SRD "ALICE IN TOPSLAND" WILL BE HELD APRIL 5-6 at the Woburn Crowne Plaza

Remember I'm here for you,
Your' Area Captain,
Terri Lavigne