

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us April/May 2019

Doubt Kills More Dreams Than Failure Ever Will **Failures are stepping stones to success**

Article written by Janice Doppler
From 383 Easthampton

The Easthampton 0383 chapter got off to a fast start in 2019 by repeating strategies that fostered a net loss of 50.45 pounds in 2018. At the first meeting in January, the small chapter set a net loss goal of forty pounds for 2019. In addition, each member announced her individual goal for the year and wrote it on a slip of paper that was tucked into an envelope that is sealed until December. Progress toward the chapter goal is announced weekly at the end of roll call.

Easthampton 0383 continued its long-standing practice of distributing a motivating image and/or statement printed on card stock to each member in January. The cards are used throughout the year to collect positive attitude stickers awarded for achievements such as the best and second-best loss of each week or month. Stickers are placed on the reverse side of the card along with the date and reason for receiving the sticker. The stickers generate inspiration to keep working toward goals. Everyone present at a weigh-in which everyone has a loss or turtles receives a sticker – a feat that was achieved at the first two meetings after the initial weigh-in of the year.

This year's card bears the TOPS 2019 Goal-Getter Calendar that was downloaded from the TOPS website, transferred to a thumb drive, then printed on 11x17" card stock at a local print shop. The calendar has check boxes to record progress toward four action goals per month. Some members set four goals at the start of each month while others set a goal each week. Several members wrote their personal weight loss goal for the year on the top of their card. The meeting program in the last week of each month is a discussion about goals achieved and obstacles faced during the month.

Easthampton TOPS decided to up its game in 2019 by using TOPS materials for programs. The group got 2019 off to a solid start by digging into *My Day One* together. For example, everyone prepared for the program about SMART goals by answering the questions on pages 6-7 as homework the week before the program. This gave everyone time to think carefully about personal answers and this led to a deep discussion at the meeting. Working through *My Day One* is continuing at the time this article was written. Using programs from the TOPS database in the Leaders section of the website and studying the *Real Life Guide* have been suggested for the future meeting programs.

WELCOME NEW MEMBERS

3/18	Heidi Richard	0383 Easthampton
4/1	Beth Liberty	0423 South Hadley
4/8	Joan Provost	0211 Chicopee
4/12	Marie Caron	9236 Leominster
4/15	Sheree Richard	0456 Athol
4/23	Dee Wheeler	0456 Athol
4/24	Gail Matson	0009 Pittsfield
4/25	Jacquelyn Bellevire	0029 Ware
5/10	Gregory Spencer	0179 Shelburne Falls
5/15	Patricia Blodgett	0359 Worcester
5/16	Mary Moynihan	0211 Chicopee
5/16	Hannah Morgan	0211 Chicopee
5/29	Donna Joppas	0359 Worcester

YEARLY CHALLENGE

**How are you doing, we are 5 months into year?
If you are down 5 pounds you are on track.**

I'm challenging all my TOPS members to have a loss of 12 pounds this year. That is only one pound a month. I believe in you and now you have to believe in yourself. **YOU CAN DO IT!!!!** Let me know when you reached it. We will keep adding names to the list.

Reached 12 pound loss for 2019

Georgette Croteau	48 pounds	0449 Gardner (2018 2019)
Cheryl Howes,	12pound loss	0449 Gardner
Terri Lavigne	28 pound loss	0211 Chicopee
Cassandra Burgress	15 pound loss	0211 Chicopee
Gail Watson	14 pounds	0447 Sturbridge

WEIGHT LOSS ACHIEVEMENT AWARD

Average loss per member of 8 pounds or more per member
MA 0333 Clinton and 0511 Pittsfield

Certificate of Recognition
Congratulations on being and active chapter of TOPS Club, Inc
0344 Westfield 35 years 0386 Uxbridge

NO GAIN YEAR
165 Leominster
NO RED MARKS ALL YEAR

0344 Westfield

I'M NOT FAT.
GOD GAVE ME
AIRBAGS CAUSE
I'M PRECIOUS.



2018 Division Winners
Pittsfield 0511

Division One Tricia McCarron with a 24lbs loss Division Two Ann Clark with a 20.5 lb. loss
Division Two 2nd Place Lisa Wise 10 lb. loss Division 3 Bob Clark with a 11.5 lbs loss
Division 4 Jill Greene with a 17 lb. loss. Jill Greene chapter queen for 2018 and their newest
KOPS Pittsfield lost 7.9 pounds per member Congratulations on such a Great Year!!

“Eat responsibly. You don’t have to be a saint with your food, but you can’t eat like every day is Thanksgiving either.” – Brad Pilon

Reinstated KOPS

Maureen Healy Wurzburg 0386 Uxbridge
Paula Girard 0395 Greenfield



Chapter MA0395 Greenfield sadly misses the fellowship, kindness, and warm smiles from fellow TOPS member Richard "Dick" Henry who passed away April 16th. Dick was a five year TOPS member, and three year KOPS including State Runner-up King for 2015. As an avid TOPS member and true ambassador, he proudly shared stories of his KOPS journey and experiences; especially his participation at the 2016 IRD in Orlando as MA Runner-up King. Dick was a gentleman who walked the talk. Chapter 0395 was enriched by his presence. He remains warmly in their hearts.

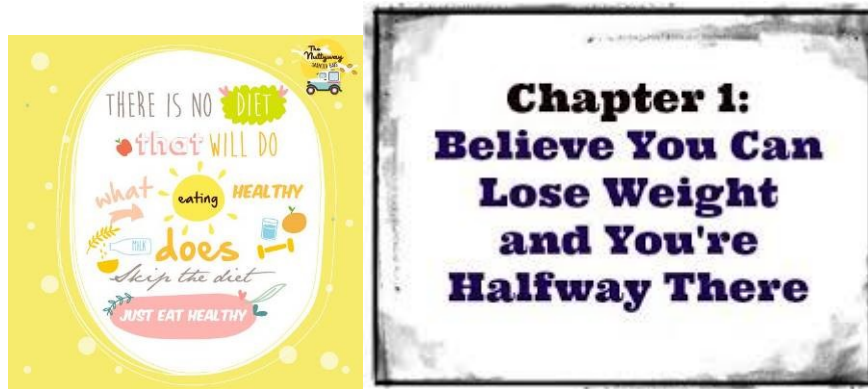
2018 State Royalty

Queen Rosemary Smith, 17 Davida Rd., Burlington, MA 01803

Queen RU - Diana Cohen, 111 Mountain Gate Rd, Ashland, MA 01721

King Richard Raitto, PO Box 196, Cotuit, MA 02635

If you would like to send a card of Congratulations



REINSTATED KOPS **CONGRATULATIONS**

Donna Capell 0411 Westfield

Sheila Cohen 0511 Pittsfield

ELECTIONS

Elections are happening at the end of the month. Remember if you have been the leader for 2 years you need to step down and give someone else a chance. Weight Recorders and their assistants are assigned by the leader and not voted on by the chapter. If you think you are interested in running for an office ask to sit with that officer to see what the job is like. After elections, please don't leave the new board wondering what to do. I would suggest a board meeting with both the incoming and the outgoing board.

Thank you for all the work you do for your chapter and TOPS. Try to remember you say tomato and I say to maha in the chapter wants each other to succeed. If something new comes up try it, if you don't like it

you can always go back to your “old “ ways. Please read your chapter manual and review your by-laws as a chapter.

TOPS ANNIVERSARY

40 years Judith Chenial 0009 Pittsfield
40 years Patricia Watroba 0009 Pittsfield
51 years Doris Felton 0451 Pittsfield
51 years Nancy Arbo 0165 Leominster

Quote from 0411 Westfield

“Do not go where the path may lead.Go instead where where
There is No path and leave a trail.” Ralph Waldo Emerson
(program Share your Sunny source of Inspiration)

Inspirational Workshop

On JUNE 22nd in Sturbridge MA.

FEATURED SPEAKER: MA's 2018 beloved State Queen, **ROSIE SMITH**. Rosie had a weight loss of 97 pounds to attain her KOPS status and receive this honor; she also has attained her precious Century Medallion. Rosie's story is one journey you don't want to miss. Come say "hello" and hear her story of success.

HOST: Chapter 0447Sturbridge: Leader, Claire Cameron

TIME: 9:15 to 2:00 at FEDERAL CHURCH HALL, 8 MAPLE STREET,
STURBRIDGE, MA 01566

Registration fee: \$4.00





Area Captain visit with Chapter 0447 Sturbridge



Area Captain visit with 0248 Northborough

Top Left: Chapter 0447 Sturbridge Standing in front of poster they made for open house.

Top right: Chapter 0447 Sturbridge Connie and Claire sitting at the table sharing the word of TOPS.



“ It's Not A Diet,
It's A Lifestyle Change. ”

This is the best...My nonTOPS friends always ask when will I Be done with THAT diet.



Charles Irwin Pittsfield ,0511 MA State King 1997. He has received a 20 year pendant. Charles has been in TOPS over 22years, lost a total of 52 pounds. Most impressive Charles has 790 consecutive weeks in lee-way .Just think that is **15 years!!! CONGRATULATION YOU ROCK**

MA 0511 Pittsfield Area Captain visit



PUBLICITY PEOPLE

I'm looking for members that would like to promote the word of TOPS. You can do it as a chapter or as an individual. What we ask of you is to place pamphlets around your neighborhood. You can also ask your doctor to place Healthy and Active Magazines in their office. Some of my volunteers are unable to continue due to their busy schedule and I would appreciate your help.



Area captain visit 0449 Gardner



Area Captain Terri Lavigne :Presents leader of 0511 Pittsfield Sheila Cohen a certificate her chapter earned last year for having a loss of over an average of 8 pounds per member.
CONGRATULATIONS !!!

Remember I'm here for you,
Hope to see you on June 22nd
I Care,
Area Captain,
Terri Lavigne

HELP YOUR TOPS/KOPS FLOWER! BLOOM



Name: _____

1 Petal: ... 1 lb. loss or more!
for each
 - Exercise 3x
 - Contact helper pal
 - Keep your Pledge
 - Turtle / Kops in Leeway

2 Petals: Exercise 4x
for each
 Lose / Kops under goal

2 Leaves: 2 leaves if both partners
lose / turtle.
1 leaf if 1 Lose / turtle

May 16

23

30

June 6

13

20