

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us October 2019

“Create the highest, grandest vision possible for your life, because you become what you believe”

INSPIRATIONAL & OFFICERS WORKSHOPS

Since my last TOPS REMINDER I have had an inspirational and an officers' workshop. There is a great deal of time and work put into running one of these. Both of these events were a huge success in my eyes because I heard positive comments on the inspirational/officer workshop even though Rosie our main speaker didn't come at the last minute. My Officers' workshop had three chapters, one being the host chapter. The chapter that came from Uxbridge told us they learned a great deal. I understand I have an area that is spread out if you can find a hall I will do one in your area WE CAN DO IT! Thank you 0395 Greenfield and Sturbridge

WELCOME NEW MEMBERS

| | | |
|------|------------------|-------------------|
| 7/22 | Jane Eitel | 0001 Springfield |
| 7/31 | David Johnson | 0423 South Hadley |
| 8/01 | Cynthia Robinson | 0456 Athol |
| 8/01 | Christa Dowse | 0456 Athol |
| 8/16 | Leo Romero Jr. | 0447 Sturbridge |
| 9/25 | Ellen MacKay | 0001 Springfield |
| 9/26 | Susan Dinan | 0395 Greenfield |

TOPS ANNIVERSARY 40 PLUS YEARS

CONGRATULATIONS!!

| | | | |
|------|-------------------------|--------|------------------|
| 7/1 | Doris McNabb Youngquist | 51yrs. | 0229 North Adams |
| 8/6 | Claire Robichard | 40yrs. | 9236 Leominster |
| 9/7 | Carol Bishop | 47yrs. | 9236 Leominster |
| 9/13 | Ann Bakun | 41yrs | 0333Clinton |

CENTURY AWARD ANNIVERSARY

| | | | |
|------|-----------------|-----------------|-----------------|
| 9/9 | 0211Chicopee | Terri Lavigne | 150 pounds lost |
| 11/9 | 0447 Sturbridge | Connie Thompson | 119 pounds lost |

Reinstated KOPS

| | |
|------------------------|-----------------|
| Maureen Healy Wurzburg | 0386 Uxbridge |
| Paula Girard | 0395 Greenfield |

YEARLY CHALLENGE

**How are you doing, we are 10 months into year?
If you are down 10 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 | 40 pound loss | 0211 Chicopee |
| Gail Watson | 14 pounds | 0447 Sturbridge |
| Ann Clark | 26 pounds | 0511 Pittsfield |
| Patricia McCarron | 20 pounds | 0511 Pittsfield |
| Claire Cameron | 13.8pounds | 0447 Sturbridge |
| Hannah Carrier Morgan | 14 pounds | 0211 Chicopee |
| Mary Moynihan | 15.50 pounds | 0211 Chicopee |
| Darnelle White | 12 pounds | 0211Chicopee |
| Linda Gonyer | 19.4 pounds | 0395 Greenfield |
| Jill Ingram | 26.2 pounds | 0395 Greenfield |
| Ann Louden | 15.2 pounds | 0395 Greenfield |
| Jan Peters | 25.8 pounds | 0395 Greenfield |
| Mareen Steiner | 12 .0 Pounds | 0395 Greenfield |

REMINDERS

If leaders or designates could please check the website to make sure your members are current it would be appreciated. Giving the member a few weeks grace is okay but after that they shouldn't be weighed. TOPS send you your membership very early if you pay when you receive it your membership date will not change. (I have a member that will give us a few dollars until she is paid up)

Weight Charts: Resume time will soon be upon us PLEASE review your charts carefully. All chapters should have a Chapter Manual 2nd Edition, most of your answers are in there but don't hesitate to call me. If you want just send them to me and I will do them, I have to do before I send them to Judy. If you believe you might have a division winner try to get a weigh in at the beginning of December in case of bad weather. Only black and red ink should be used and all week should be filled in.

KOPS Charts: Judy handed out a wonderful tool to use which I will add to the end of the Newsletter. Working with Judy last year the KOPS charts weren't completely filled out. Please check to see how many weigh -ins your KOPS have at this time. KOPS need 15 weigh- ins but

a December weigh in is not necessary. If you have any KOPS issues please call me now so we can figure out what we can do before their status is lost.

RESUME WORKSHOP: January 4, 2020 in Greenfield, more information to come.

Looking for a place for a Resume workshop in the Sturbridge, Worcester or Uxbridge area

This would be for January 5, 2020, please get in touch with me.

AC Program

This year when I presented my Area Captain program, "Seeds Of Change" I presented each chapter a packet of seeds and some soil.

Margret McMahon from Pittsfield 0451 participated in the activity and sent me this photo. Thank you Margret.



SRD SAVE THE DATE

April 17-18 2020

Crown Plaza, Woburn

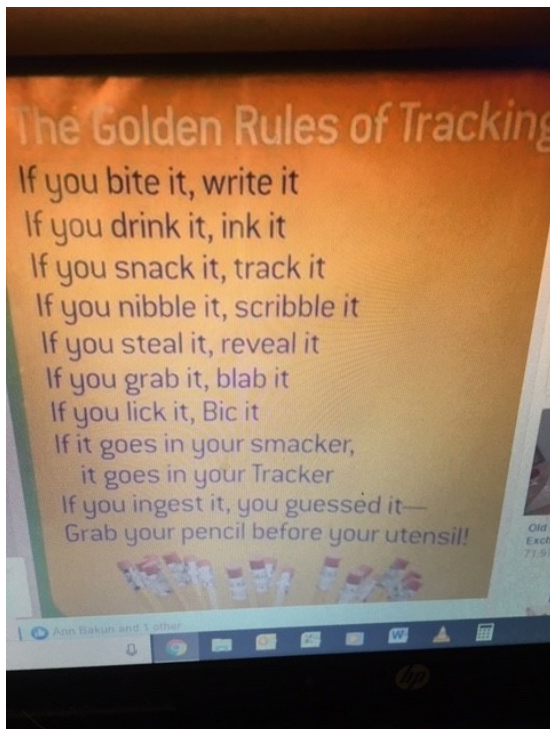
RUN FOR THE ROSES WITH TOPS

I'm chairing it and would like some volunteers from my area to help out. If you are interested let me know. I'm already getting some helpers.

Ann Bakun ,333 Clinton receives a certificate for having a 15lb. loss 2018

0165 Leominster , Area Captain visit

Holidays are an important time to keep track. After the first bite it all taste the same.



1. Butterfly Contest: Each circle represents $\frac{1}{2}$ pound . When you lose the $\frac{1}{2}$ pound you move up but if you gain you go back. The first one to reach the caterpillar's head will have a loss of 10 pounds and win a butterfly.
2. Muffin tin Thanksgiving: Want to practice portion control during the holidays? Purchase the disposable muffin tins at the Dollar Store it will keep you aware of what you are eating. (I have a member who does this)

I Care,
Terri Lavigne