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Hi, it's been a while since I've written a newsletter to my chapters. I hope this letter finds you and your family healthy and happy. In the past few years, due to COVID it's been very hard to hold TOPS meeting. Many of my chapters have come up with different ways to meet, you are very dedicated to your journey. Leaders, I appreciate everything you are doing. This year I'm hoping that all chapters will at least be able to get weigh-ins each month.

RESUMES

I want to thank all my leaders and weight- recorders we're doing a wonderful job on their resumes. I had 100% of all my Chapters send in their resumes. It was nice meeting with the chapters. I will meet with the other leaders that had difficulty and we will go over the directions so you will know how to prepare for next year. You are great group of people.

Meeting Cancellations

Try not to cancel meetings unless it is necessary. When public schools close, extreme cold or snowstorm that started in the afternoon are reasons for cancellations. If you're cancelling due to COVID please cancel month to month, if your weight - recorder is willing to just have a weigh-in during that month open it up to the chapter. When making a decision that affects the entire chapter the board should vote on it. The board consist of the leader, co-leader, treasurer, secretary, weight recorder and assistant weight recorder. Your chapter should follow the rules that your city or town has put in place for COVID. Then bring it back to the chapter. Please let me know, I have been sending possible new members to meetings that aren't meeting.

SOMETHING TO THINK ABOUT

People pray for cake..... but when their almighty gives them eggs oil butter, batter, a pan, and an oven they get frustrated and leave the kitchen. Think about how this relates to your life and your journey in tops.





CHECK YOUR CALENDERS TO SET UP OUR ADVOCATE VISIT

'ROAD TO SUCCESS'

February 16th	0395 Greenfield
February 17th	0449 Gardner
Pittsfield 24th	0009 Pittsfield

Reinstated KOPS

0395 Greenfield Phyllis Gebert
0395 Greenfield Paula Girard
0395 Greenfield Marty Glaser
0179 Shelburne Falls Nancy Boyle



A SPECIAL TREAT FOR VALENTINES' DAY

SINGLE SERVING CAKE IN A MUG

Chocolate cake!

Entire recipe: 166 calories, 3g total fat (1g sat. fat), 332mg sodium, 34g carbs, 2.5g fiber, 18.5g sugars, 2.5g protein

Total: 5 minutes

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup devil's food cake or chocolate cake mix
2 tbsp. canned pure pumpkin
Optional topping: powdered sugar

Directions

Spray a microwave-safe mug with nonstick spray. Add ingredients and 1 tablespoon water. Thoroughly mix. (Batter will be THICK.)

Microwave for 1 minute, or until set.

NEW RULES FOR 2022

- **Nancy Alexander Taken from Facebook**

I went through the new rules and listened to Ric's December presentation again. Then made up this list of taking points to use as a quick program for my chapter this week. It went well with lots of discussion. Glad I did it. I think I captured most of the differences. TOPS Rules 2022

Rule 3 - Virtual Chapters added.

Rule 6 - Elections no longer needed.

Leader is the only elected office. If only one candidate, no election needed.

Rule 7 - Leader appoints Co-Leader, Secretary, Treasurer, and Weight Recorders. Leader no longer limited to 2 terms.

Rule 8 - 3 full years need to pass before membership is lapsed.

Weigh-In not required. Member may still participate in chapter activities.

Rule 9 - No requirement to pay Leader's dues.

FALL RALLY

PLEASE HELP ME FIND A PLACE. I need to find a place to hold my Fall Rally in October, possibly the 23rd. I

**will be covering Hampden, Hampshire, Berkshire,
Franklin, and Worcester Counties. We will also include
Middlesex and Essex Counties. I need to announce the
location and theme at SRD this April. Your help will be
appreciated!!!!!!!**



“Today you are You,
that is truer than true.
There is no one alive
who is Youer than
You.” - Dr. Seuss

Look for your SRD forms they will be mailed out this week. You will also be able to Find them on www.matops.com

Until We Talk Again
Your Friend & Advocate
Of Western Counties and Worcester County

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