

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties
By Terri Lavigne (413) 237-5266 terri_lavigne@comcast.net June 2022

“Start where you are and Take chances”

FALL RALLY PACKETS

Fall Rally is being held on October 29th in Worcester. The packets will be sent out soon. We are looking for volunteers. It takes many members to help to have a successful event. Please call or email me or Dave. Dave's email is David@dlavigne.us # (413) 237-4892

SRD 2021

Queen Debra Harrison 0439 Berkley 81.50

Runner-up Queen Rita Willard 411 Westfield 55.60



Vicky 2020 Runner-up Queen, Rita Terri, Queen Debbie

BEST AVERAGE WEIGHT LOSS

0009 Pittsfield 10.50 pounds

NEW MEMBERS LOOKING FORWARD TO MEETING YOU

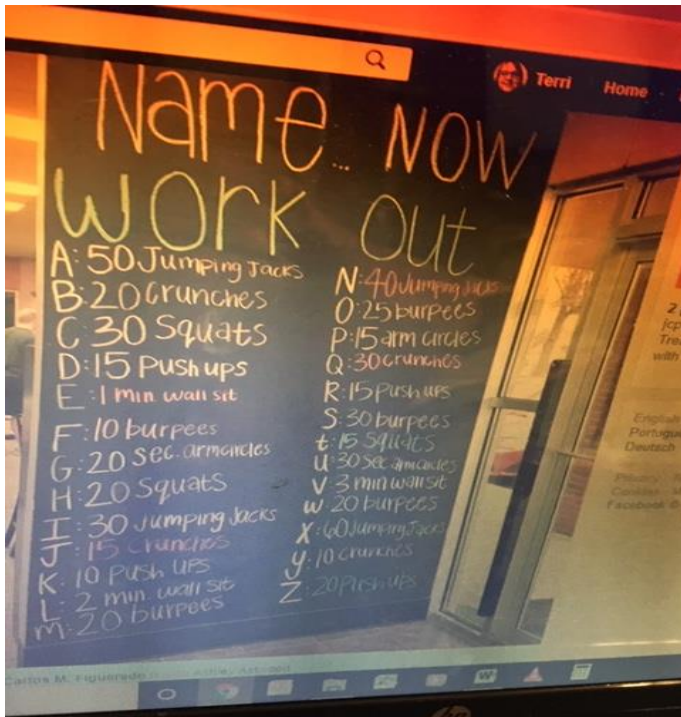
1/16	Kay Caruso	0447 Sturbridge
1/17	Tracey Bigwood	0456 Athol
1/17	Nancy Wilks	9236 Leominster
1/28	Debroh Curtis	0179 Shelburne Falls
1/28	Gayle Gramarossa	0395 Greenfield
1/31	Linda Smith Williams	0001 Springfield

KOPS IN BLACK ALL OF 2019 Congratulation!

0395 Greenfield	Carolyn Bellany
0395 Greenfield	Betty Howe
0395 Greenfield	Lucille Paquette
0395 Greenfield	Carolyn Pollard
0395 Greenfield	Kathy Porrovecchio
0395 Greenfield	Rochelle Weisberg
0395 Greenfield	Ione Wickline
0412 Westfield	Joan Boulrice
0412 Westfield	Debbie Pelletier
0412 Westfield	Carol Whitehead
0333 Clinton	Ann Bakun
0423 South Hadley	Lorraine Sowa
0511 Pittsfield	Jill Greene
0511 Pittsfield	Charles Irwin
0511 Pittsfield	Judy Irwin

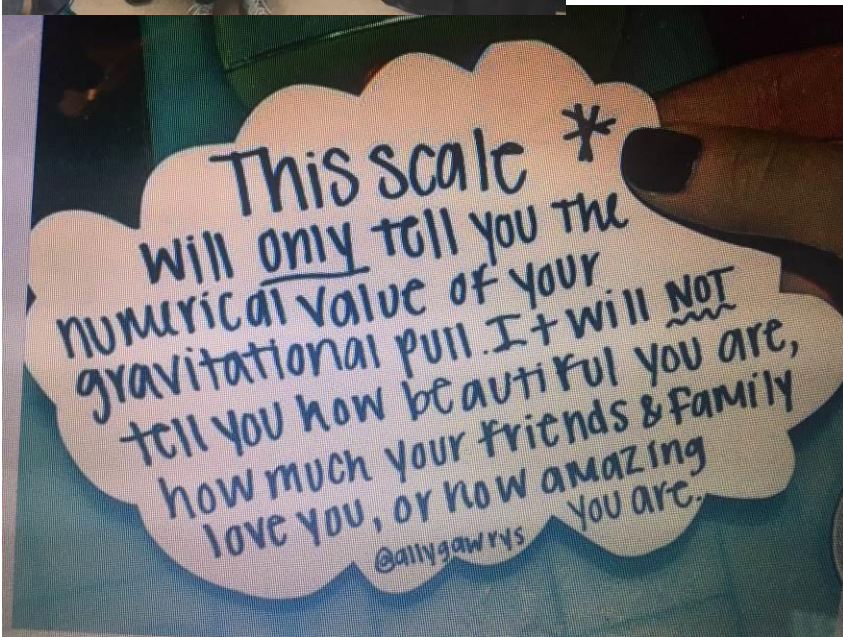
PERFECT ATTENDANCE

Kathy Porrovecchio 0395Greenfield Congratulations!



DON'T TELL PEOPLE
YOUR PLANS.
SHOW THEM YOUR
RESULTS.

Mix up your exercise program and have a little fun.



0211 Chicopee had a goal of a 50 pound loss in 2019 they lost 105pounds.



**Consistency
doesn't mean
never messing
up, it means
never giving
up.**

TheShapeWithin.com

**Cassandra presents Terri \$60 for losing
10% of her weight in 2019.**

You are worth it, never stop believing!

I hope you are all enjoying doing the 2020 vision programs with your chapters. This year I would love you to share some None Scale Victories.

I want to thank all the chapters that sent me get well cards I appreciate you thinking of me. My knee is doing great, mostly because of all the exercise I did before the surgery. I look forward to going back to the y.

**If you think you can you will
If you think you can't you won't!**

**I believe you Can Do It !
Advocate,
Terri**