

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

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

I want to wish you a Merry Christmas and Happy Holidays to all my TOPS members!

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) There will be a charge per chapter. **Please make a copy of your weight charts, if you are unable I can make them and mail them back at your chapters' cost.**

WORCESTER COUNTY

All the chapters I was able to get in touch with said they didn't need any help with their resume. If you need to call me don't hesitate with any questions. If you want me to do it just send it to me. Terri Lavigne P.O. Box 6380 Holyoke, MA 01041 Telephone 413-532-7664 cell 413-237-5266 Dave's cell 413-237-4892.

Please send me a list of anyone that loss 10 pounds or more in 2018

I would like to list them in my January Newsletter, if they have a loss of over 30 pounds, I will put 30+. I would also like a list of the KOPS who were KOPS all year long. I would like give everyone credit for 2018 and maybe a little encouragement for 2019.

SRD 10pound Contest

This is the last month for anyone to send me their name in saying they lost 10 pounds since the week after SRD. If you lost the form, have your weight recorder just sign a note let me knowing that you went to SRD attended the backsliders' workshop and loss.

VISITORS TO THE Chapter

At this time when the enrollment in TOPS is dropping it is very important that we welcome them in a way you would like to be welcomed. I had calls from three different potential members from three different counties with the same concerns. Please go up to them when they enter the room, so they feel welcomed. It is a great idea to have new members' packets on hand so the coach can talk to them that day. They told me they felt uneasy with the way the members were talking to each other. The coach could sit with the new member for a month and explain the program to them. I understand we are all volunteers and do the best we can. I appreciate all you do.

NEW MEMBERS

October

Jacqueline Dora 0411

November

Denise Matuszczak 0395

Lisa Wise 0511

Nancy Neff 0395

Pauline Richard 0449

Melody Telton 0395

CONGRATULATIONS 100 POUND LOSER

Mary Hall MA 0411 Westfield

CONGRATULATIONS TO OUR REINSTATED KOPS

Gloria Freyenhagen MA 0395 Greenfield

TO OUR NEWEST KOPS

Adele Corcoran MA 0395 Greenfield

40 YEAR CLUB

Susan Hornyak, Pittsfield 0451

Publicity Person

I enjoyed visiting all my chapters last year. I was disappointed that 3 chapters decided to disband. I need some help to get the word of TOPS out to the public. One of the best ways is to work the program and explain to others how you are doing it. You can put flyers in grocery stores any bulletin that the public will be reach. You can ask your doctors' office or place ads in your free papers. You can take this on as a chapter we would just need someone to be willing to get the supplies. Please let me know about health fairs, I'm willing to travel to promote TOPS. I know there are members out there willing to help please call me it takes very like time and you may just get some new exciting members in your chapter.

CHAPTER VISITS

I have not received my new Area Captain program yet but as soon as I do I will be calling you to set up a date to visit your chapter. If there is anytime you have questions don't hesitate to get in touch with me. If you text me could you please give me your name. Thank you



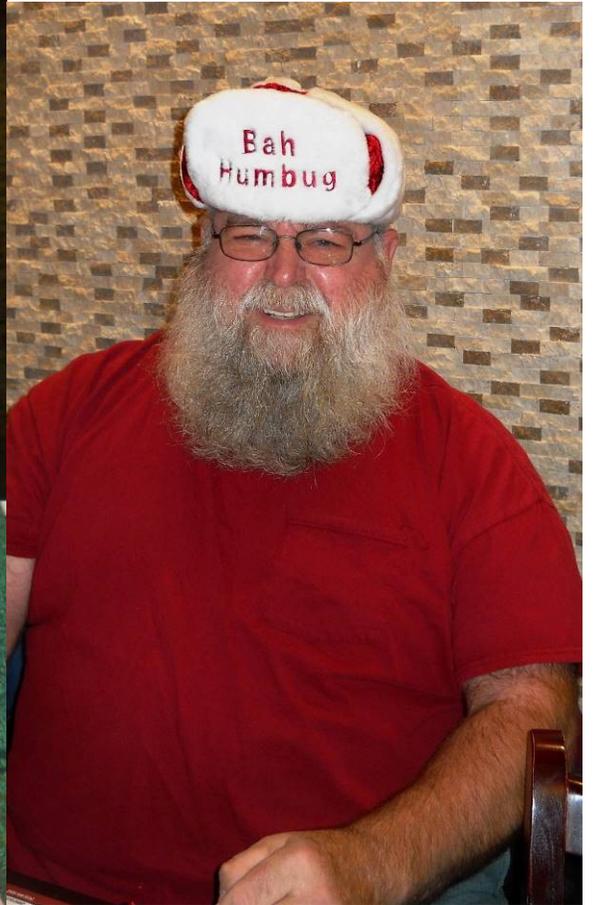
This colorful carrot-like rubber ducky is our 2019 promotional to go with the Area Captains' 2019 program. The cost is \$3. It is a fun reminder to stay 'rooted' in TOPS support and keep growing. I plan on keeping one in my car because that is the place when I need a friendly pick-me up. Make a good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

The Plus Size Pals

I'm looking to start a group with TOPS members that have lost over 50 pounds or need to lose at least 50 pounds. Division 9 members will be welcomed. I would like to run it like a KOPS Honor Society having 4 to 6 meeting a year, changing the location to accommodate the members. We would talk about things at our first meeting. If we had dues we would be able to have speakers and forms of encouragement. I have 3 members interested; I would like to see at least 10. Call me if interested.

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





Merry Christmas, 0412 Westfield





1. Chapter 0229 North Adams Chapter Visit
2. MA 0211 Chicopee and 0423 South Hadley Christmas Party
3. MA 0229 North Adams gives the Loser of the Week a chance to pick a quote of the week.

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