

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

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

“Life is about change, sometimes it’s painful, sometimes it’s beautiful, but most of the time it’s both.” —Kristin Kreuk

Resume Workshop

On January 4th I will be holding my resume workshop in Greenfield. It will be held at The Mill House Apartments, 75 Wells Street, Greenfield. Registration starts at 9 and workshop will begin at 9:30. Cost is \$5 for mailing of resumes to Judy Pettit. If you have any questions you can email me ahead of time in case I need to check it out. Thank you 0395 Greenfield for hosting. REMINDER: If you don’t have a weigh-in during the month of December you cannot be Royalty or a division winner

YEARLY CHALLENGE

Reached 12 pound loss for 2019

Cheryl Howes,	12pounds	0449 Gardner
Terri Lavigne	51.50 pounds	0211 Chicopee
Suzanne Crehan	13.50 pounds	0248 Northboro
Rose Spinney	51.50 pounds	0248 Northboro
Gail Watson	14 pounds	0447 Sturbridge
Ann Clark	26 pounds	0511 Pittsfield
Patricia McCarron	20 pounds	0511 Pittsfield
Claire Cameron	13.8pounds	0447 Sturbridge
Darnelle White	12 pounds	0211Chicopee
Linda Gonyer	26.0 pounds	0395 Greenfield
Jill Ingram	26.2 pounds	0395 Greenfield
Ann Louden	15.2 pounds	0395 Greenfield
Jan Peters	26.2 pounds	0395 Greenfield
Mareen Steiner	12 .0 Pounds	0395 Greenfield
Ron Frisard	14.2 pounds	0359 Worcester
Laurie Halpin	21.6 pounds	0359 Worcester
Dwight Graybill	40.6 pounds	0359 Worcester

NEW MEMBERS

Jean Bussolari	MA 0001 Springfield
Ellen McKay	MA 0001 Springfield
Susan Dinan	MA 0395 Greenfield

Julie Cardaropoli
Ava Fantasia
Theresa Dindinger
Mary Romero

MA 0395 Greenfield
MA 0248 Northborough
MA 0248 Northborough
MA 0447 Sturbridge

Century Award

Constance Thompson 11/09/2007 MA 0447 Sturbridge

2020 Changes

Each year at the beginning of January we start new. Some of us may make New year resolutions only to be frustrated when it is broken by the middle of January. My resolution for 2020 is just to improve myself physically and emotionally. **My TOPS resolution** is to have my chapters be the best that they can be. In January the Area Captains are now going to be called Advocates. . Starting next year we will be visiting the chapters twice, the first time will be to do the Advocate program and the second visit will be a drop in wellness visit to see how your chapter is doing. I need to visit 2/3 of my chapters in 2020 for their wellness visit . If I don't visit you in 2020 you will be my first in 2021.

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. Please get in touch with me as soon as possible. This is going to be a year of changes: why not be a part of it.

T- Shirt Design I received one entry. Being that it was the holidays I will extend the deadline to January 10th. Please send them to losingweight@tlavigne.us and I will forward them to be judged.

Knee Replacement

On January 17th I will have my left knee replaced after waiting over 8 years. It may take me longer to get back to you but I will still be able to serve my area. If you call don't hesitate to ask Dave he will get the message to me or might be able to answer you. I will be going to rehab

for some time. You won't have to worry about a drop in visit, but please still text me if you are cancelling a meeting. I'll be calling to set up my Advocate visits.



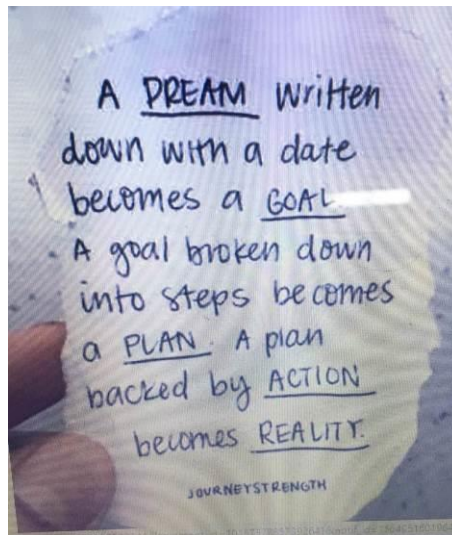
This year TOPS MA 0511 chose Toys for Tots as their charity. With 11 members donating \$500+ in Toys! Pictured are members of TOPS MA 0511, Pittsfield, giving the donations to Robert Garry and TOPS member Laura Garry. He is in the Marine Corps league. Detachment 137, he is junior vice commandant of that detachment. Marine Corps league sponsors Toys for Tots. Together with his wife, Laura, Tops member, they help organize toy distribution in all of Berkshire County, in conjunction with the Berkshire county sheriff's dept.



Members of TOPS MA 0511 enjoyed a fantastic skit called "The Naughty Nice list" from TOPS members Laura Garry and Sandie Chaney! Who wrote and acted out their production! Every time these two get together they produce such awesome, informative and

funny skits to help us in our weight loss journey! Special thanks to "Kevin" who is a production specialist in his help with some these skits! Kevin was our announcer this time!

MA 0511 Stories were sent in by Jill Greene Co-Leader



I saw this on Face book and it hit home for me. I always said and made a journey book "Dare to Dream "In 2018 and 2019 I started to Write SMART goals for myself. (Specific, measurable .attainable, realistic, timely). I will continue in 2020, I want 25 more pounds to reach a goal. If YOU BELIEVE IT YOU CAN ACHIEVE IT! If you want to write your dream for 2020 and email to me I will put your name in a drawing if you achieve it. I will be the first, Terri Lavigne will lose 25 pounds by December of 2020 by Following my eating plan, drinking 62ozs of water a day, exercising 3 times a week T,T,S for 1hour .(I will journal my food and journal when I feel like eating. extra) We are never perfect, so just start over. If you want to change your goal after you mastered one goal just email me.



Left: Area Captain Visit to 0184 Fitchburg



I went visit my parents at the cemetery and laid our cant's to rest. RIP

0395 Greenfields' Annual Holiday Party

Does this chapter know how to have a Great time!
Music, Raffles (tickets that they earned from losing weight) dancing,
and a very special Right Family Game.

Thank you for inviting me and making me one of your chapter.



0211 Chicopee Party

Wonderful evening of friends, fun and learning
Different family traditions

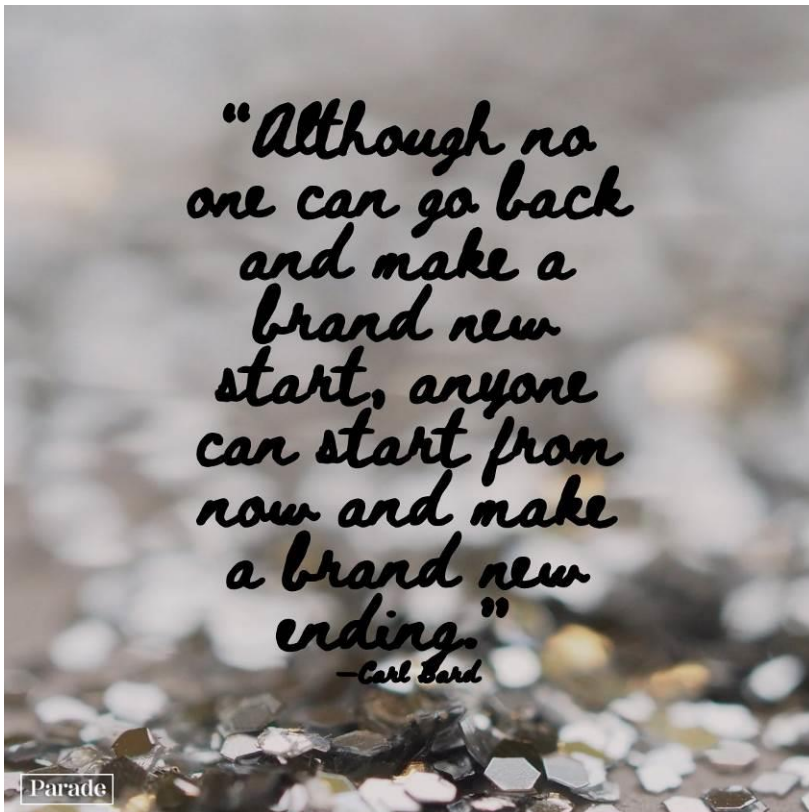


I'm not Dieting
I'm changing my
Lifestyle ♡



OUR PRESIDENTS WALKING CHALLENGE

If you kept track of the minutes you and your chapter exercised please email it to Judy or myself and I will forward it to her. If I know you participated I will put your chapter in my newsletter. Great job





0412 Westfield collects for stockings for soldiers



TOPS MA 0248, Northboro, December 11, 2019, Yankee Gift Swap.

Pledges from 0386 Uxbridge

The chapter reads one of these

Instead of the TOPS Pledge.

Emily:

I am TOPS.

A member of a group of intelligent and motivated individuals focused on attaining a healthy weight and lifestyle.

A group of encouraging, educating .members who support each other as we obtain our goals.

Jenni - author unknown:

Motivation for weight loss

M - make short term goals

o - out with the negative thoughts

T - think of why you want it

I - Imagine how you will feel

V - visualize the future you

A - acknowledge your success

T - treat yourself with respect

I - investigate new ideas and foods

o - observe your lifestyle

N - never give up and never give in

Jean:

I am an intelligent person.

As a TOPS member I will do my best to be supportive and positive to all in the group.

I will remember what TOPS stands for and take off pounds sensibly

I am proud to be part of my TOPS family

Mary: #1

I am an intelligent woman (person) who wants to live a Healthy Lifestyle.

Sometimes, I need someone to simply be there: not to fix anything in particular, but just to let me fee. I have the support of my TOPS group, to lose weight and take off pounds sensibly.

Mary #2

Let two little words lead you to succeed. WHAT ARE THEY?

"SO WHAT"

SO what if you hit some detours or road blocks •••

SO what if you make some missteps •••

Every success story has bloopers!
Just keep going.
You are destined to succeed and make it to your goal.

Maureen:

I will do my best:
To be supportive to my fellow TOPS members and to myself.
To stay focused on a healthy lifestyle, including good nutrition and regular exercise.
To have a positive attitude.
I am determined to be a KOPS member and an example to others.

Paulette:

As a member of MA 386, I will support others in their desire for a healthy lifestyle.
I will listen and share techniques to obtain that goal.
I will take off pounds sensibly.

Kathy:

I am proud to say I belong to a group that meets once a week all year long where I learn a lot of ways to help me make better food choices.
It's a place where I always feel supported, understood, and cared about, where I know I belong.
It doesn't matter if my weight is up or down, they welcome me just the same.
Where else can you get on the scale and have a cheerleader of a comforter right there with you.
This SPECIAL PLACE IS TOPS.

Martha:

I pledge that I will be committed to my health and well-being in the following ways:
I will be respectful of TOPS members and strive to be an Inspiration to all of them. I will help and support them in the same way I would want them to help and support me.
I will be mindful of my lifestyle and eating habits.
I will choose to eat healthy foods, drink more water, and be more active.
I will smile more and worry less.
I will remember that when I have a bad day, tomorrow is a new beginning.

Beverly:

I am an intelligent person.

I know what I have to do to lose the weight but I lack the willpower and determination it takes.

The encouragement I get at TOPS meetings keeps me coming back!

I know I need TOPS to get me to my goal.

Wishing you A Happy and Healthy New year,

Western and Worcester County

Advocate,

Terri Lavigne