

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us January 2020

- You can, you should, and if you're brave enough to start, you will. ...

RESUMES

I just wanted to thank all of the chapters that did their resumes on time. Western MA and Worcester had 100% of our chapters send in their resumes. Next year if you are having any problems just send them to me and I will do your resume for you. They are always due on January 8th. Hopefully we will have some winners and we will see you at SRD. Don't ever hesitate to call if you need some help.

REMINDER: KOPS need to reach their goal by December 31st but they also need to be REGISTERED at TOPS Headquarters by January 31st.

SRD PACKETS

Packets were mailed out Monday morning from the Holyoke post office; you should all have them by Friday. If you want to visit www.matops.com you can find the forms there. If you would like to volunteer your time let me know that special talent you might have. If you would like to do a skit please let me know. Needs to be approved to be sure it is following the TOPS approved guidelines.

NEWAND REINSTATEDKOPS

Judy Valente 0421 Westfield KOPS Congratulations !
Lorraine Carrier 0449 Gardner KOPS Congratulations !
Norma Talbot 0449 Gardner re-instated KOPS Congratulations!
Teresa Wilson 0411 Westfield re-instated KOPS Congratulations !

Making our Chapter Great

Leaders, please look out for a mailing from headquarters. In the mailing you will receive a coupon to receive a FREE TOPS Manual for members and chapters. Please throw out all old copies away. Same thing with all forms if they are out of date please toss them.

NEW MEMBERS LOOKING FORWARD TO MEETING YOU

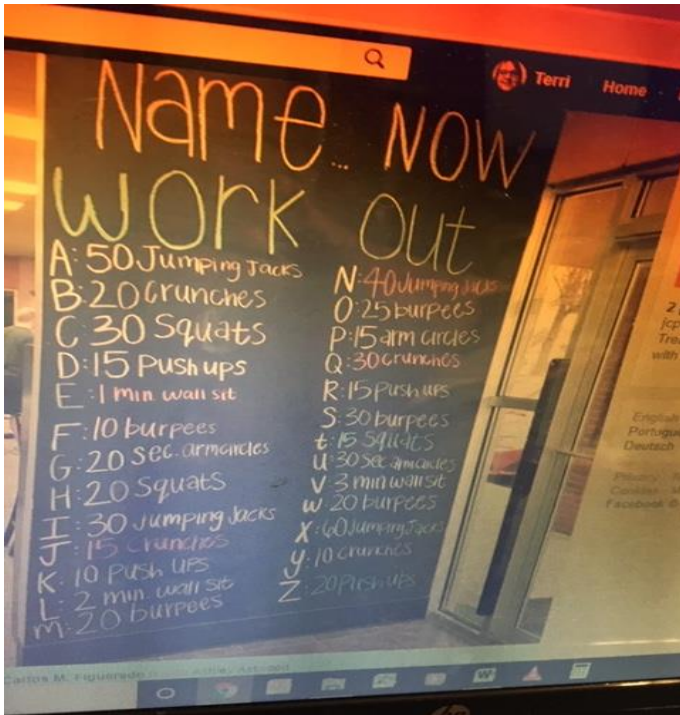
1/16	Kay Caruso	0447 Sturbridge
1/17	Tracey Bigwood	0456 Athol
1/17	Nancy Wilks	9236 Leominster
1/28	Debroh Curtis	0179 Shelburne Falls
1/28	Gayle Gramarossa	0395 Greenfield
1/31	Linda Smith Williams	0001 Springfield

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.

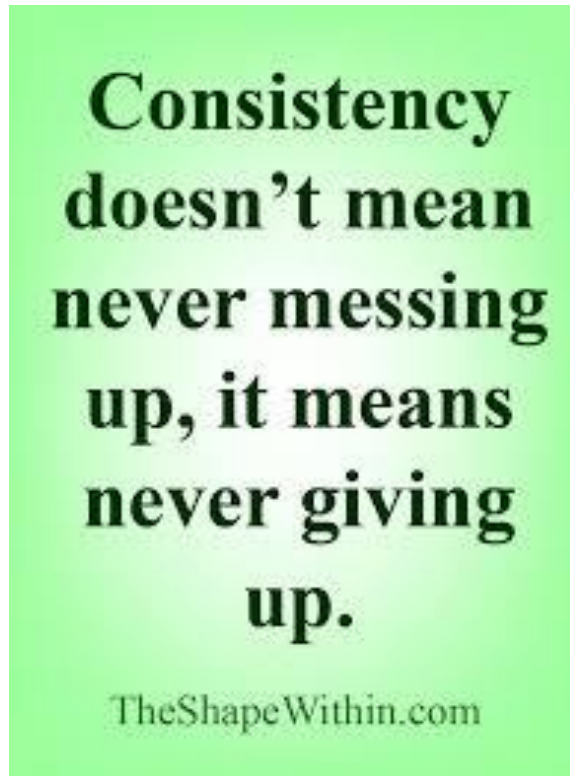


This scale *
will only tell you the
numerical value of your
gravitational pull. It will NOT
tell you how beautiful you are,
how much your friends & family
love you, or how amazing
you are.
@allygawrys

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



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**