



## IF IT'S TO BE IT'S UP TO ME

Hampden, Hampshire, Berkshire, Franklin Counties, Worcester County and a few Chapters in Essex and Middlesex Counties

Hello everyone, I hope you and your families are all doing fine. I have done majority of my and my wellness visits. Please send your bylaws and audit to Coordinator Nicole. I have kept a copy of your forms sent to me and scanned them to Nicole, Thank you. I haven't been given the names of the new leaders of my Middlesex and Essex County Chapters. Please send me a copy of your officers' chart so we can arrange a visit.

### **SRD PICTURES**

Dave and I were asked several times about the pictures from SRD. We asked Nicole to get in touch with the photographers. Dave never received anything from either photographer. If you have skill taking pictures, please volunteer to be the official photographer for SRD 2023.

### **KOPS LUCHEON**

Instead of having a KOPS HONOR SOCIETY it is okay for KOPS to meet and have a lunch together. At this time, we can talk about the issues only a KOPS can understand. Place will be determined when I find out where majority of the KOPS are traveling from. Please email me at [terri\\_lavigne@comcast.net](mailto:terri_lavigne@comcast.net) to let me know either way if you are interested or not. Looking possible date late August or September, let me know your preference.

## **TOPS 229 North Adams**

Geralyn Lesure, Tammie Lee and Lynette Emery  
All lost over 10 pounds for Judy Pettit's contest



## **NEVER TOO YOUNG TO START TAKING CARE OF YOURSELF**



Joey Christian at the age of 10 wrote his birthday list. One of his wishes was to join a weight support group. Joey wanted to lose weight and knew he needed help doing it. Because his grandparents and Aunt belong to TOPS 229 North Adams, he joined the chapter in June of 2021. Joey has learned that too much sugar is not good for you and keeping a food log is a way help lose the weight. He has had his good weeks and bad weeks, but he loves coming and the chapter loves him.



Doris McNabb-Youngquist a 30 - year KOPS  
with her new leader, NESTA Livingston

**CONGRATULATIONS!!!!**

**When your legs get tired**

**Run with your heart !!!**

## 0412 Westfield

Jenette Fletcher was presented her 10-year pendant by Advocate Terri Lavigne Chapter was also given their anniversary certificate.

CONGRATULATIONS!!!



**Chapter 0333 Clinton, Leader Ann Bakun** presents Barney Hastings with a Division winners' certificate for a loss of 15 pounds. Barney was also presented a state division winners certificate and charms for being first place winner in Division four. The chapter only started back weighing in in July.

CONGRATULATIONS!!!

## SRD 2021 Royalty and past Royalty



These above ladies lost a total of 495 pounds

Vickey 2020 RU Queen, Rita 2021 RU Queen,

Terri 2019 Queen Debbie 2021 Queen

### **A BIG THANK YOU**

In 2019 I had the honor of being your Massachusetts State Queen. It took me many years ,29 to be exact. Due to COVID we needed to cancel SRD.

I had a beautiful ceremony in Springfield, MA with Judy Pettit, fellow Area Captains, and some of my close friends because we needed to limit the number of guests to fifteen. The one thing I missed was to have many of you there.

Besides missing my Time as Queen at SRD ,2019, I missed out talking to all of you Letting all of you know

how I appreciated you were. The hugs I would receive and the words of encouragement even when I knew I wasn't doing well made me keep going.

It was at an SRD many years ago that I attended with Dave.

I sat there listening to the division winners' stories, I sat there crying. The stories were so inspiring how they were able to walk better, exercise more, experience life in a way

that they never had. Their reason wasn't all about medication. It was about Spending time with their children and future grandchildren.

When I went home, I was encouraged to lose weight, I tried my hardest. Every time I went to a Fall Rally my small accomplishments were noticed.

Over the years I had many ups and downs, my journey was like a rollercoaster with many accidents and illnesses. All of you stood behind me even when I Wanted to give up. Even though I'm a KOPS my journey still is a roller coaster that I will never get off until I leave TOPS. If it wasn't for your constant support, I would have never reached my goal. From the bottom of my heart, you are all a part of my TOPS family. You will have a special place in my heart. I hope you get to experience your first Circle of light. I believe in you!!! If it is to be it's up to me! BELIEVE

### CHAPTER 0395 GREENFIED



Members on the left  
Lost over 10 pounds to be  
recognized for Judy Pettit's  
Contest.

Advocate, Terri Lavigne

Presented Brian Johnson with a trophy and

A state Division 3 2<sup>nd</sup> place Certificate

With a loss of 17.60 pounds.

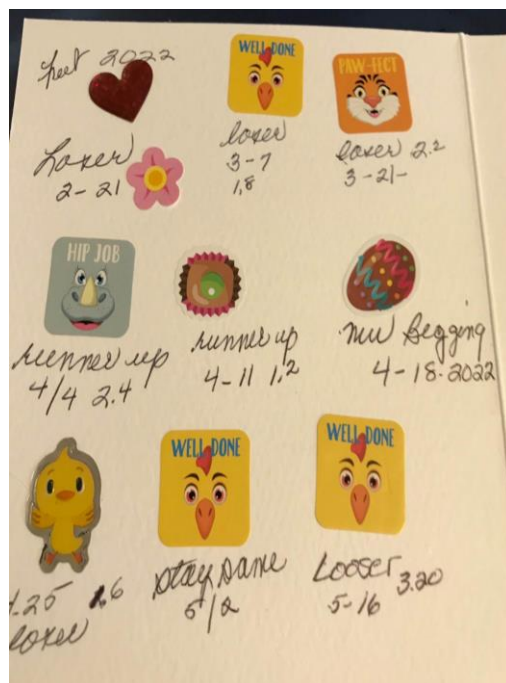




Re-instated KOPS  
 Nancy Boyle presented  
 Sandy Smith  
 With a yellow Rose.  
 Chapter 0179 Shelburne Falls

Chapter 383 Easthampton

Each member that STS or has a loss gets a sticker



# JUST BEGIN



BECAUSE  
EVERY  
SUCCESSFUL  
SLIMMER  
WHO GOT  
WHERE SHE  
IS, HAD TO  
BEGIN WHERE  
SHE WAS.

**BEST AVERAGE WEIGHTLOSS**

**CHAPTER 0009 PITTSFIELD**

**AVERAGE LOSS 10.50 pounds**





## Chicken & Mushroom Cauli' Risotto Mug



Entire recipe: 261 calories, 9.5g total fat (4.5g sat. fat), 640mg sodium, 11g carbs, 4g fiber, 5g sugars, 32.5g protein

### Ingredients:

- 1 cup frozen riced cauliflower
- 2 tbsp. whipped cream cheese
- 2 tsp. grated Parmesan cheese, divided
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt ([truffle salt](#), if you've got it)
- 1/8 tsp. black pepper
- 3 oz. cooked and chopped skinless chicken breast
- 1/4 cup canned sliced mushrooms, drained and rinsed
- 1 tbsp. chopped scallions

### Directions:

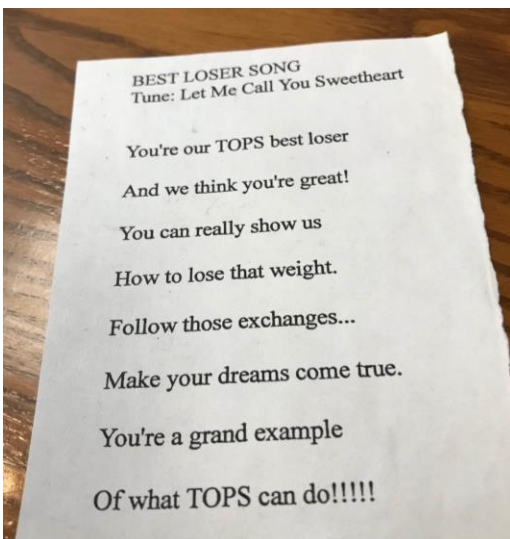
Place cauliflower in a large microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until cauliflower has thawed.

Add cream cheese, 1 tsp. Parm, and seasonings. Mix until uniform.

Add chicken and mushrooms. Mix well. Microwave for 1 minute, or until hot.

Top with scallions and remaining 1 tsp. Parm.

MAKES 1 SERVING



BEST LOSER SONG  
 Tune: Let Me Call You Sweetheart

You're our TOPS best loser  
 And we think you're great!  
 You can really show us  
 How to lose that weight.  
 Follow those exchanges...  
 Make your dreams come true.  
 You're a grand example  
 Of what TOPS can do!!!!

Leader of 0447 Fiskdale Claire Cameron followed Presidents' Rick Danforth's blog

And presented the programs he presented. Claire purchased the sign from the TOPS store to promote her chapter. Claire Horvath from Florida gave them a copy of the best loser poem.



*"I work out so I don't have to eat kale."*

0248 Northborough Celebrated their  
50<sup>th</sup> Anniversary Leader Marlene  
Sweeney



**0050 Melrose**

Julie Virnelli

Division 3 State Winner Tie

Loss of 36.80

Congratulations!!!

## **OTHER STATE WINNERS**

356 Georgetown Division 2	1stPlace	Sarah Dunlap	58.80lbs
356 Georgetown Division 4	1stPlace	Debby Woron Masia	42.00lbs
9032 Burlington Division 2	1stPlace	Lee Kille	16.60lbs
9032 Burlington Division 5	2ndPlace	Judy Peckham	13.80lbs
0461 Billerica Division 7	1stPlace	Sandra Mackay	15.20lbs

### **Looking forward to visiting my New Chapters**

**50 Melrose**

**327 Burlington**

**9032 Burlington**

**308 Georgetown**

**356 Georgetown**

**0461 Billerica**

### **Reminders**

I left messages with the chapters that needed an L-1, an Audit or a copy of their By-laws sent to Nicole. If you need some help, don't hesitate to call. Your Officer's chart is a priority. Leaders, please check the computer to see if there are any members in your chapter that are past due in their membership. Thank you for all you do for TOPS



**Jackie Mashia, KOPS**

**0211 Chicopee Reached her 20  
Years as a KOPS on July 31<sup>st</sup>**

**CONGRATULATIONS! My Friend**

Summer contests for Fall Rally are just about over. I'm getting excited and hope you are too. I'm looking for helpers, I need announcers, ticket sellers for 50/50 and raffle baskets. I will need help with passing out the food and clean up crew. This is everyone's Fall Rally please help if you can. If you have an allergy let me know and I can check for you. There is garlic in all three choices. The vegetarian has eggplant, cheeses and vegetables, the grinder is a full-size grinder, the chicken salad is on a roll. The condiments will be in the box. Please remember to send your order to Dave or myself.

Remember you are worth the Effort!!

I Care,

Terri Lavigne