

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties
By Terri Lavigne (413) 237-5266 terri_lavigne@comcast.net 2022-2023

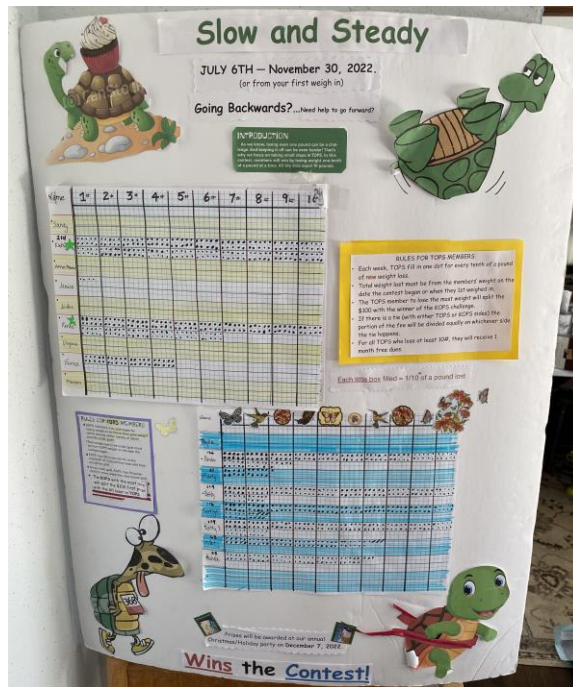
“Happy New Year”



This contest was in one of the TOPSNEWS. Chapter 0395 Greenfield made a beautiful visual the chapter donated \$100.00. The KOPS were given \$50.00 for the most weight lost. The KOPS won by the KOP with the most fish,
. Congratulation

RESUMES

I'm very sorry, this is the first time since I've been an Advocate that I didn't hold a resume workshop. I got home in the middle of December, and it too late set up a workshop. Please call me with any problems. I 'll be happy to have Dave drive me if you want to meet.



Greenfield 0395 sent me another contest "Slow and steady wins the Race"



Jackie Mashia From 0211 Chicopee received 20 year Pendant. Congratulations my friend



Pittsfield 0511 tossed their garbage in the garbage.
Each week when they weigh in they were given
A tiny garbage for every .50 they loss. They put the trash bags
In the truck and marked it on the side. Tize can be the leader's choice.



I was at Saint Paul's church talking to a teenager

How TOPS WORKS.

This years' Advocate Program IS IN, I WILL CALL YOU SOON

I believe you Can Do It!

Advocate

Terri