

MAY 2014 - TOPS Norfolk and Bristol Counties
Gail Lewis - Area Captain

Hey Everyone.....I'm not totally sure but I THINK Spring has arrived. I officially mowed my lawn for the first time this year, although I got rained on in the process. Flowers are blooming, trees are changing and we are full into allergy season!! Get out in the fresh air and take a walk. Enjoy the sunshine (when it's out) and the warm temperatures (hopefully).

QUOTE FOR THE MONTH

No one can make you feel inferior without your consent.

Eleanor Roosevelt

TOPS RETREAT

I sent all leaders information on an upcoming Retreat in China Lake, Maine this year. It will be held June 1 - 6 - Deanna Bies is the retreat director scheduled. "SPRING HAS SPRUNG" is the theme. See your TOPS news for more information. If you have never attended a retreat, think about it and go. It's the best present you can give yourself.

ESTER MANZ GARDEN

A note went to all leaders from our President, Barb Cady talking about the Ester Manz Garden that is being built at the TOPS Headquarters in Milwaukee, WI. There is also information in the Feb/Mar TOPS News on pages 6 - 7. Please check it out. You can have an engraved paver as a permanent remembrance of someone or even yourself. (I ordered one that will have my mother's and my names on it forever). Check it out - it may be the perfect gift for someone. Massachusetts will remember Kevin Deveau, our State King in Ester's Garden. Think about it!!!

INSPIRATION WORKSHOP

Leaders should have received an email from me with information about the next IW - in case you did not receive, here it is again. All I can say at this point is it will be a good one. We will have an exercise guru in the AM and a speaker in the afternoon. In between is lunch.....healthy, tasty and fun. Feel free to bring a friend. We've had friends join TOPS because they came to workshop so don't be shy - bring a friend. Here is the information:



SPRING INTO SUMMER
ARE YOU READY TO FACE YOUR BATHING SUIT?
INSPIRATION WORKSHOP IS HERE TO HELP

SATURDAY MAY 31, 2014
PLACE: *COMMUNITY COVENANT CHURCH*
400 PLEASANT STREET EAST BRIDGEWATER 02333
TIME: **8:30 REGISTRATION** **9:30 START**

COST: \$6.00 PER PERSON (LUNCH INCLUDED)

We are still in the process of making plans. We will be serving lunch. If you need a special type of food please feel free to bring it. I think Wavering Wanda will be showing us her cooking skills with her traveling oven. We will update the agenda as soon as we know it. Plan to join us !!!!!

Please let us know by May24th how many will be attending from your chapter
Wavering Wanda.....gailstps@verizon.net 1-508-378-0459
Sensible Samantha.....bptops@aol.com 1-508- 833-8805

TOPS WEB site:

Make sure you visit the Massachusetts WEB site - www.MATOPS.com - lots of great things posted out there. The recap and pictures *have been* posted so check them out. They will make you smile. Thank You Dave Lavigne!!!!

TOPS WALKING CHALLENGE OF ONE MILLION MILES

I would like everyone to pull out their TOPS News from August/September of this year and check out this challenge. It's on pages 25 - 28. It's a

great program AND you can log your miles walked. Walkers are encouraged to track their miles from IRD in Calgary to IRD in Milwaukee. Can we count on you? Please send your miles to Rosie Smith - she will add them all together for our state. Thank You.

FALL RALLY

Fall Rally this year will be Saturday, October 18th at the Westford Regency. MA 387 Dracut will be your host chapter. What fun this will be with the theme, "LET'S GET PHYSICAL". Plan now.

CHAPTER NEWS

I didn't receive any emails for this section this month - anyone for June? I do have one - Congratulations to our area's newest KOPS - Cheryl Costa from MA 249 Somerset. Good for you!!!!

INSPIRATION

This next section is something I received at work this past month and I thought it was worth repeating.....

THE 8 HABITS OF A SUPER SUCCESSFUL DIETER

1. Stay motivated no matter what
2. Write it down
3. Eat what you want but in right size portions
4. No food is off limits
5. Balance your calorie account
6. Don't burn out
7. You can't go it alone
8. It's about healthy eating AND exercise, not healthy eating OR exercise.

That's it for May - have a great month!!!

Gail Lewis - gailistops@verizon.net