

April 2016 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

The old saying goes.....April showers bring May flowers....but what do they say about snow in April? I say YUCK!!! I look at my poor daffodils all laying down and my Star Magnolia Tree that was in bloom is now all brown and just falling off the limbs. I must say the deer are enjoying my lilies.....what will this month bring? Don't let any of these things bring you down - here's wishing you a very Happy April everyone.

SRD

Thank you to everyone who came and supported this year's SRD. We did have a great time and honored a lot of great losers. I have included all the winners in this newsletter. For more good stuff about the convention, please go to the <http://optiplex.webhop.org/MATOPS/> www.matops.org website.

INSPIRATION WORKSHOP

Barbara and I have the next Inspiration Workshop planned for Saturday, May 14th at the Senior Center in Abington.

We will be having our annual luncheon Inspiration Workshop May 14th. RobbTopolski our State King and Diane Trayah Area Captain from Middlesex County PM will be presenting programs. Please bring a 2 non- perishables foods for the Abington Food Pantry. Thank You

PLACE: ABINGTON SENIOR CENTER
441 Summer St, Abington, MA 02351
TIME: 8:30 REGISTRATION 9:30 START

COST: \$6.00 per person (LUNCH INCLUDED)

If you need a special type of food please feel free to bring it.
Please let us know by May 5th how many will be attending from your chapter
Wavering Wanda.....gailistops@verizon.net 1-508-378-0459
Sensible Samantha.....bptops@aol.com 1-508- 833-8805

CHAPTER VISITS

I am starting to book chapter visits again this year - the Area Captain's program is fun and exciting and I want to include a short segment on "How To Make Your TOPS Chapter Great". (Can I just say TOPS had this little

slogan long before Donald Trump was on the campaign trail?) ☺ Send me a couple dates that work for your chapter and I'll get you booked. I would really love to make all my visits in April, May and June again this year. Thanks so much for your help with this.

PUBLICITY VOLUNTEER

At SRD this past weekend, we all heard a little more about the Publicity Volunteer position at our local TOPS chapters. These Publicity Volunteers are from chapters that want to make your chapter GREAT and help spread the news about TOPS. It's simple. I will reprint what is written in the "Making Your TOPS Chapter Great" Handbook.

Area Captains appoint KOPS and members who have lost significant weight, as Publicity Volunteers. This temporary position involved distributing publicity and perhaps speaking in your immediate community. Volunteers get a kit with instructions and a supply of promotional items. Let your Area Captain know if you are interested in learning more.

If you are interested, please let me know - one person per area (chapter) please. I will submit your name to our Regional director, Judy Pettit and she will send to TOPS headquarters. I have 5 people who reached out to me at SRD (Attleboro, Taunton and New Bedford). If you want to grow your chapter, this is a great way to do it. Send me an email!!!!

CO-LEADER

I wanted to let all Co-Leaders know what a difficult job you have. If ANY office is out for the night, you are the go to person to make sure that job is covered. WOW - lots of responsibility.

Now a note to all the other officers - it's YOUR responsibility to go to your Co-Leader and make sure he/she knows they need to take over while you are gone. That is what they are there for but you need to let them know.

In order to help our courageous Co-Leaders, I will copy them on the monthly news letter as well so they are up to date on the happenings of TOPS around the state. Thank you, all officers, for all you do.

OTHER VOLUNTEER POSITIONS

Do you want your chapter to be great? I think everyone can answer that question with a resounding YES!!!! There are other positions that are not elected, that members can do to help make your chapter great. If you look into your "Make Your Chapter Great" booklet, check out pages 35 and on - they point out all these possible positions your chapter can do - the more people involved in your weekly meetings, the less the officers need to worry about and the better your chapter will be.

WEB DESIGNATE (This member needs access to a computer, be computer savy, work with officers for specific information that they need and print out information from the Web site) see page 35 in handbook.

NEW MEMBER COACH (This member will welcome new members when they come in the door, give them TOPS information, sit with them and answer any questions they may have during the meeting and even follow up with them after they leave. See page 36 in handbook.

PROGRAM LEADER (This member sets up the weekly program schedule for the officers and insures there is someone that will be presenting a program. The program leader does not do the program each week, they find people that will present). See page 37 in the handbook.

There are also a few optional positions like **AWARDS, CEREMONIES, CONTACT COMMITTEE, CONTESTS, FUNDRAISING, HOSPITALITY, PHOTOGRAPHER, PUBLICITY**. Check out page 38 in the handbook.

Leaders and Co-leaders - think about who would be great in these positions and see if you can get some help weekly on your TOPS chapter. It's really great to have people help so you can concentrate on other things.

IRS Inquiry - EVERY CHAPTER SHOULD READ THIS

At my AC meeting at SRD, Judy Pettit went into much more detail about the issues Non-profits are having with the IRS. There are several different issues and letters that your chapter may have received. In short, here they are and what they do.

1. CP299 - This is just a reminder from the IRS that you need to file. No worries here.
2. CP259A - This requires you to send in previous years tax returns. You would simply need to send in an audit for the year in question and send it to the address given.
3. CP120 A - IRS has already been revoked and you will be contacted by IRS.

The best thing for ALL chapters to do is to fill out the forms for TOPS and get them to Leslie at Headquarters. This year's time frame is May 1 to August 15. If you fill out these forms and send in, TOPS will handle any issues with the IRS in your behalf. If you don't fill them out and send them in, you are on your own. The forms are on the TOPS Website and the form numbers are L-046A, L-046B and L-046C. If you can't access the forms, let me know and I will send them to you.

INSPIRATION

5 TIPS TO EAT BETTER THIS SPRING

One reason many of us fall prey to tasty temptation is that we're not eating enough - of the right stuff. Here are 10 tips from actual losers that will help you eat better this spring.

1. Don't Skip Meals - Many people believe skipping meals promotes weight loss. It's actually the other way around - it promotes weight gain. How? By slowing down your metabolism and setting you up to binge on junk food.
2. Have three meals and two snacks every day. Eating regularly keeps your metabolism humming along and temptation at bay. It also keeps your blood sugar on an even keel to help prevent type 2 diabetes.
3. Focus on quality, not quantity. Choose lean protein, healthful fats (like those found in olive oil, avocados, nuts and seeds) and fiber-rich whole grains, vegetables and fruit. This combo of high-quality, unprocessed foods will keep you satisfied. You will find you feel fuller even though you are eating fewer calories.

4. Watch those liquid calories. A lot of people forget about drinks, but drinks are huge. Make water your go-to sipper with a glass or two of milk each day to help ensure you get enough calcium.
5. Beware of emotional eating. We are all emotional eaters. Sometimes we eat if we're bored or sad or depressed or even happy. That's normal. Do that too often, and you'll develop a habit of snacking when you're not hungry. Get to know the difference between physical hunger which comes on gradually and is easily satisfied, and emotional hunger, which comes on suddenly and often with a specific craving.
6. Enlist support. Ask for help - what better place to ask than at your weekly TOPS meeting. Those who have maintained their weight loss get lots of support from family and friends and especially from their TOPS extended family. When friends tempt you, ask for their help staying on track instead.
7. Know your triggers. That is your first step. Once you acknowledge your hazards, you can start to manage them. That can be as simple as banishing foods you can't resist. If eating one potato chip means devouring the bag, make sure that bag isn't around in the first place.
8. Have a smart snack stash. Nothing gets in the way of eating if you set yourself up for success. Hard-boiled eggs, cashews, and wasabi peas are amount some grab-and-go snacks you can have. Goodies like these make it easier to bypass the candy dish on your co-workers desk.
9. Keep an eye on portions. A lot of people don't eat so bad, but they eat A LOT of no-so-bads. Read your labels. Knowing what is really in those cookies can make them a lot less tempting.
10. Broadcast your goals. Whatever your goal is, let people know. The more you vocalize it, the more powerful you become. There's a saying, "You teach once, but you learn twice."

Here is a copy of the Massachusetts State TOPS winners for 2015. They are also listed on the Web page.

MASSACHUSETTS ROYALTY AND DIVISION WINNERS FOR 2015

QUEEN

MA 050 Janet Morello loss 115.00 lbs
79.5 lbs

RUNNER STATE QUEEN

MA 395 Carolyn Bellany loss 65.4 lbs
lbs

KING

MA 081 Robert Topolski loss

RUNNER UP STATE KING

MA 395 Richard Henry loss 33.6

DIV 1 Female

1st MA 229 Lynette Emery loss 28.8lbs
lbs
2nd MA 060 Mary Jane Praiano loss 28 lbs
33.0

DIV 2 Female

1st MA 395 Shirley Gilfether loss 56.2 lbs
2nd MA 381 Betty Colby loss 43.25 lbs

DIV 3 Female

1st MA 446 Margaret Bennett loss 49.4 lbs
33.4 lbs
2nd MA 449 Annie Osterberg loss 46.5 lbs
30.75 lbs

DIV 4 Female

1st MA 502 Christine Folsy loss 33.0 lbs
lbs
2nd MA 451 Judith Herrick loss 32.0 lbs

DIV 5 Female

1st MA 368 Mildred Corkren loss 12.8 lbs

DIV 1 Male

1st MA 001 Michael Ernst loss 52.4
2nd MA 160 Norman Beaulieu Jr loss

DIV 2 Male

1st MA 503 Brian Reed loss 32.4 lbs
2nd MA 412 Harry Bishop loss 21 lbs

DIV 3 Male

1st MA 060 Mark Worcester loss
2nd MA 081 Robert Topolski loss

DIV 4 Male

1st MA 344 Michael White loss 28.5

2nd MA 179 Lettice Randall loss 12.5 lbs

DIV 7 Female

1st MA 184 Kristen Leger loss 12.5 lbs
lbs

DIV 7 Male

1st MA 412 John Regan Jr loss 50.0

DIV 9 Female

1st MA 381 Lisa Peterson loss 82.75 lbs
2nd MA 261 Lynda Smith loss 76.0 lbs

BEST AVERAGE LOSS

MA 497 Arlington – average loss per member – 18.73 lbs

That's it for April. Let me know if you need anything.

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