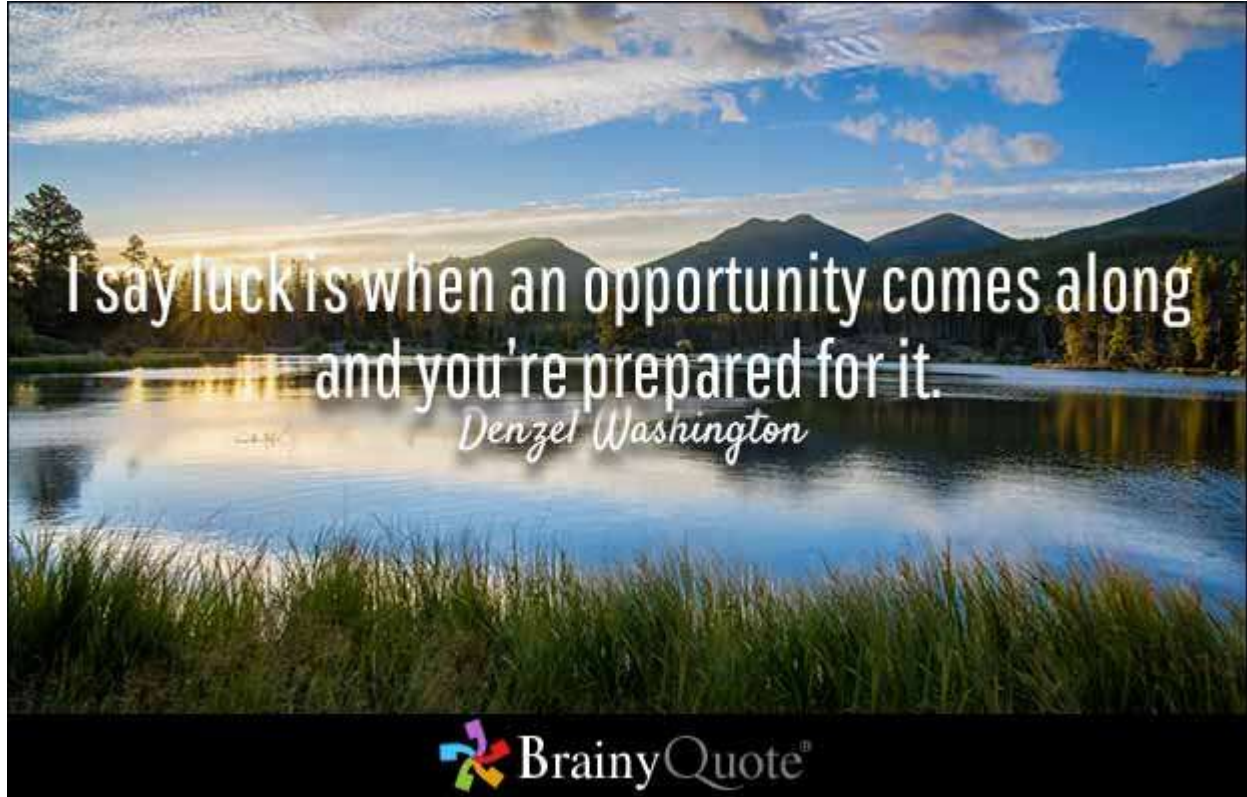


MARCH 2017 - TOPS Norfolk and Bristol Counties
Gail Lewis - Area Captain

QUOTE FOR THE MONTH:



CHAPTER VISITS

It's that time of year where I'd love to get your chapter scheduled for a chapter visit. The new Area Captain program is called "Tune Up With TOPS". Lots of fun and music. Let me with a date and I'll get you worked into my calendar. My email and cell phone is listed at the end of this newsletter. See you all real soon!!!!

JUDY PETTIT CHALLENGE - THE BLUE RIBBON CHALLENGE

I am repeating this challenge - get this sent in for SRD - don't be left out!! How is your chapter doing with Judy's challenge? There are so many ways you can get credit and it's a fun way to help your chapter be successful. I've attached it to this newsletter - check it out and see where you stand. I will attach the form AND it will be copied at the end of this newsletter.

PUBLICITY IN YOUR AREA

Any one have anything wonderful to say? Let me help you get into the paper or on any kind of social media. I'm here to help.

SRD - March 31 and April 1

Registration is due and if any of your members need recognition, please be sure to send in those registration forms. If you don't send them in, they can't be recognized. If you need any of the forms, go onto MATOPS website and they are there - or let me know and I can send them to you. We are very fortunate to have the TOPS president coming to our SRD this year - she will be speaking on Friday night and she is something you don't want to miss. Hope to see you all there.

COMING THIS MONTH

I am going to recognize those member who have anniversary dates that hit with the 5's - 5 yrs, 10 yrs, 15 yrs, etc. I will include January and February so we can do the entire year!! Congratulations to all those members with anniversaries!!!

January Kathy Anthony - 15 yrs - MA 0212
Maggie Colleran - 5 yrs - MA 0348
Mary Corriveau - 5 yrs - MA 0348
February Margaret OConnell - 50 yrs - MA 0038
Nancy Galuski - 10 yrs - MA 0348
March Phyllis Sargent - 35 years - MA 0143
Debra Dybrowski - 5 yrs - MA 0249

Next - let's meet our new members -

January Barbara Terrio - MA 0249
Katherine White - MA 0396
February Michelle Wiley - MA 0348
Mary Ellen Miller - MA 0348
Elizabeth Lund - MA 0038
Jeannette Jeffries - MA 0249

How about next some special KOPS?

February Alma Oliveria - 2/26/07 - 10 Year KOPS!!!!

Carol Jewett - 2/19/13 - 4 Year KOPS

March Vivian Fairhurst - 3/24/15 - 4 Year KOPS

Who will be mentioned next month?

INSPIRATION

This is a great publication that came from TOPS - please share with your chapter.

5 Tips for Beating Hibernation Mode

- Create a workout space in your home. It doesn't need to use a lot of space. It can be as simple as a space to lay down your workout mat or keep your Thera-bands.
- Create a list of workouts you can do at home. Be sure to include a variety and workouts that require less time and more time. This way you have plenty of options to help keep you active.
- Remember, household chores can also be considered a workout. Think about how engaged your body is when you're sweeping/vacuuming or shoveling snow. When you're busy, use household chores to keep you active.
- Find your motivation. Create a new vision board or playlist to workout too. Sometimes your mind needs something new to re-spark that fire.
- Set new goals. Small goals are a great way to keep yourself motivated and feeling accomplished when you achieve them. Every week set a new goal for yourself to help keep you working toward your overall goal.

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

Gail Lewis (508) 577-9460 gailistops@verizon.net



BLUE RIBBON CHAPTER AWARD
 All participating chapters will be recognized at SRD 2017
 From January 1, 2016 thru December 31, 2016



Chapter name and number # _____

Return form to: Judy Pettit, 523 N. Main St., Gloversville, NY 12078 by 1/31/2017

We welcomed new members this year. Yes ___; How many? ___; No ___

We have an active new member coach who welcomes, supports, and answers questions for new members. Yes ___ No ___

We provide each new member with a copy of "My Day One" and the TOPS Rules and explain how to use these great tools. Yes ___ No ___

We presented TOPS Chapter Programs. The following were used:

We used the following TOPS materials and certificates from the TOPS Website

We awarded weight loss achievements: Weekly ___ Monthly ___ Yearly ___

We called "No Meetings" only when forced to do so by weather, problems with meeting space or holidays. Yes ___ No ___

We have KOPS in our chapter Yes ___ No ___

We award our KOPS regularly by _____
 (If more space is needed, please use back of form)

We include our KOPS in contests Yes ___ No ___

Our newest KOPS reached goal on _____

We invited our Area Captain to participate in our meeting on _____

We invited our Coordinator to participate in our meeting on _____

We attended and took part in the following area events:

Walks Yes ___ No ___

Health Fairs Yes ___ No ___

Fall Rally Yes ___ No ___

Inspiration Day/Workshop Yes ___ No ___

Officer Workshops Yes ___ No ___

SRD Yes ___ No ___