

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

QUOTE FOR THE MONTH:

A negative mind will NEVER give you a POSITIVE life.

CHAPTER VISITS

Thanks for all the responses to chapter visits. I've already been out there this year and it's been great. It's one of my favorite parts of being an area captain. Any chapters who have not got a date yet, please reach out and let me know when would be good. I'd like to have visited all chapters by the end of June.

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. Our area has 3 people and another has just signed up. We have some ideas that we want to share and if anyone else is interested, please let me know. We'd love you to be part of this initiative.

SRD - March 31 and April 1

SRD was a lot of fun and very inspirational. Now we're planning Fall Rally in October. Plan now - October 28th in Leominster - THE KEY TO SUCCESS IS HARD WORK AND DETERMINATION. Sounds like a winner to me. You'll hear more upcoming.

TOPS MILLION POUND MISSION

1,000,000 Pounds.....125,000 members

365 days....10 pounds per member

Check out TOPS News for April/May for an update.

IT'S TIME TO CUT AND BURN.

Let's all rise to Barb Cady's challenge to lose 10 pounds this year to contribute to the million pound challenge. Are you up for it? What have you got to lose except 10 or more pounds?

CONGRATULATIONS TO:

Member Anniversaries

April	Maria Camira - MA 143	5 years
	Dolores Silva - MA 249	10 years
	Joyce Cokkinis - MA 348	5 years
	Carolyn Prescott - MA 9463	5 years

New Members

March	John Moskal - MA 348
April	Claire Cote - MA 348

Who will be mentioned next month?

INSPIRATION WORKSHOP

Got a workshop planned for June. Save the date.....we've got some great things planned!!!!

SATURDAY JUNE 10th

PLACE: COMMUNITY COVENANT CHURCH

400 PLEASANT STREET EAST BRIDGEWATER 02333

TIME: 8:30 REGISTRATION 9:30 START

COST: \$7.00 PER PERSON (LUNCH INCLUDED)

We will be serving lunch. If you need a special type of food please feel free to bring it.

Please let us know by June 2nd how many will be attending from your chapter

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INSPIRATION

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

As many of us know, boredom can lead to snacking, even when we aren't hungry. Having something to do with your hands can help prevent bored snacking. Keep this list in mind or create your own to have on hand.

10 ways to keep your hands busy

- Create a to-do list
- Make a phone call
- Walk your dog
- Write about something you are proud of
- Chop veggies to keep on hand for healthy snacks
- Clean out a junk drawer
- Do some gardening
- Play a card game
- Get creative with an adult coloring book
- Solve a puzzle

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

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