

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

QUOTE FOR THE MONTH:

If you keep doing the same thing, don't expect anything to change.

MAINTENANCE FEES

All chapters should have their maintenance fees paid by now. The invoice was sent to the leader - this invoice should have been passed on to the treasurer for payment. Please check with your treasurer and make sure this has been sent in. We want to be sure this is done so Rosie doesn't have to think about it.

ROSIE UPDATE

I wanted to send you an update on Rosie, our State Coordinator. She has had her hip replacement and is currently in rehab. It would be very nice if your chapter sent her a card to cheer her day. You can send it directly to her home address. I don't know how long she will be in rehab.

CHAPTER VISITS

Thanks for all the responses to chapter visits. I've got 3 chapters left to visit - I'll email you separately. I'd like to have visited all chapters by the end of June. Thanks everyone!!!!

FALL RALLY - October 28th in Leominster

THE KEY TO SUCCESS IS HARD WORK AND DETERMINATION.
Sounds like a winner to me. Put it on your calendar now!!!!

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

May	Debbie Simpson	15 years	MA 212 Weymouth
	Fredrick Wise	5 years	MA 9463 Franklin

KOPS Anniversaries

May	Alice Matheson	8 years	MA 143 Holbrook
	Susan Viner	18 years	MA 348 Taunton

New Members

April	Judith Ahern	038 - Quincy
	Jacqueline Doherty	212 - Weymouth
	Geraldine Hayes	212 - Weymouth
	Karen Mosical	396 - Attleboro

Who will be mentioned next month?

INSPIRATION WORKSHOP

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

INSPIRATION WORKSHOP

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)

If you need a special type of food please feel free to bring it.

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

Gail (Wavering Wanda).....gailistops@verizon.net

1-508-577-9460

Barbara (Sensible Samantha).....bptops@aol.com

1-508-833-8805

We expect to have our State Queen Anne and Runner-up Queen Louise to say a few words and they will answer any questions you may have.

348 Taunton will be performing a skit for us....

.....if their show is over in Las Vegas!!!

We will also be talking about how YOU can plan on being part of Barbara Cady's Million Pound Challenge!!

A Fall Inspiration Workshop is also planned - Saturday, October 7 in Abington - put that on your calendar as well. It will be a "SOUP"er time!!

JULY IS ELECTION MONTH

July is election month..... remember - if your leader has served the last two years it is time to change. There are so many programs and information on the website it actually makes the job easy. Feel free to contact me with any questions you may have. The meetings should be fun, informative and upbeat. Give it a try you may surprise yourself with what you have to contribute to your chapter!

INSPIRATION

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

5 Ways to Spend Mother's Day the Healthy Way

- Start the day off by making mom a healthy breakfast or brunch. It's a great way to set the mood for a healthy day.

- Create a gift basket of things to keep mom busy. Include things like flowers to plant or an herb garden starter kit, a good book to read, and some dark chocolate for her sweet tooth.
- Do something active outdoors. Take mom for a long walk or a hike. Go to a local park to enjoy the day.
- Pack a picnic. After you've worked up an appetite from a walk or spending the day at the park, enjoy a picnic with some fresh fruit, veggies and mom's favorite sandwiches.
- At the end of the day, allow mom to unwind and de-stress with some quiet time. You could even plan to be out of the house so she can enjoy a little peace and quiet.

Happy Mother's Day to all the Mother's in the TOPS world. Have a fun day!!!

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

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