

JUNE 2017 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

QUOTE FOR THE MONTH:

Diamonds are made under pressure - how strong are you?

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

Rosie is home and doing very well. She will be taking over her daily responsibilities sometime this month. If you need any information, please continue to contact me - I will let you know once she is up and running.

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!!!! All leaders should be receiving information this week. If for some reason you do not, please let me know. I have all the information on my computer.

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

JUNE No 5 year anniversaries for June

KOPS Anniversaries

June No KOPS anniversaries for June

NEW KOPS

May No New KOPS for May

New Members

Missed one for April:

Claire Cote MA 348 Taunton

May:

Janet Jewett MA 9463 Franklin

Cynthia Dantino MA 249 Somerset

Sandra Smith MA 249 Somerset

Erica Quinn MA 396 Attleboro

Jason Kottis MA 212 Weymouth

Beverly Goulart MA 348 Taunton

Who will be mentioned next month?

INSPIRATION WORKSHOP

Got a workshop planned for June. Save the date.....we've got some great things planned!!!! If you haven't called to register, do it today!!!

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 Tips for Eating Healthy on a Budget

- Don't shop for one recipe. Select recipes with similar ingredients so you can get the most use out of the foods you buy.
- Stock up on food staples that you can use in multiple meals and/or that you can save or freeze and use for later. For example, chicken breast, fish, rice and whole-wheat pasta.
- Buy in-season. When produce is in season, and available in abundance, the cost will go down.
- Shop the frozen food aisle. Buying generic frozen vegetables is an inexpensive and convenient way to add something healthy to any meal.
- Buy what you need. Don't waste money, and fresh food, by stocking up on things that don't keep for long. For example, bananas may be on sale this week, but only purchase how many you think you will actually eat. You can always go back for more if you run out.

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

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