



Chapter Chit-Chat                      Barnstable & Plymouth Counties  
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**I don't mean to brag but....I finished my 14 day diet in  
3 hours and 20 minutes**

Thank you to the following chapters for participating in my chapter challenge. I am pleased to announce that 10 chapters had a net loss of over 290 pounds.

165 members signed up I matched that for a total of \$330.00

Chapters in weight loss order are:

1<sup>st</sup> place 9487 Yarmouthport with an average weight loss of 6.16%

They had 10 participants so each person gets \$33.00

2<sup>nd</sup> place was 505 Kingston with an average weight loss of 4.71%

3<sup>rd</sup> place was 464 Plymouth an average weight loss of 2.91%

East Falmouth 2.57%, Duxbury 1.17%,

Buzzards Bay 1.53%, 310 Brockton .6% 240 Abington, .5%

,256 Brockton .3% 360 East Bridgewater .27%

Hyannis, Carver and Chatham had very small gains.

I assume by now some chapters have new leaders. Please fill in the L-001 form and mail to Rosie if you have not done that already. Rosie Smith, 17 Davida Rd. Burlington, MA 01803. It will take me a while to get the new leaders and web designates into my computer once I receive them from Rosie.. If the previous leader gets anything from me please pass along to the new leader.

Gail and I will be having our Officers and Inspiration workshop on Saturday October 7<sup>th</sup>

We hope that many of the officers will be able to attend. This also includes weight recorders; We will break into groups and have handouts regarding your specific job.

This workshop will feature a soupfest. If you are interested in making a healthy soup please let either Gail or I know. The more the merrier. Please bring the recipe. You will be reimbursed for the cost of making the soup.

Also please bring 2 canned goods for the Abington Senior Center

**PLACE: ABINGTON SENIOR CENTER**

**\$3.00 per person**

**441 Summer St, Abington, MA 02351**

**TIME: 8:30 REGISTRATION    9:30 START**

**Rosie Smith, came in #8 in the country for state coordinators. Way to go, Rosie**

## CHAPTER NEWS

No gainer for 256 Brockton on July 18<sup>th</sup> the night of my chapter visit.

No gainer for 409 Chatham on July 18<sup>th</sup>

Congratulations to NEW KOPS Joyce Loew 224 East Falmouth  
and Linda Phyllis 256 Brockton

Welcome new members to our TOPS family since January

81 Dennis, Felipe Fischer... 97 Whitman, Maureen Regan.  
224 East Falmouth, Marcey Dehnick, Martha Jones, Eileen MacDonald,  
Rick Raitto, Lois Ferriera, Joyce Loew, Nancy Mansfield, Bob Babcock,  
Ann Reardon... 240 Abington, Helen Backstrom..261 Carver Patricia  
Zimmer, Mary Vacca....360 East Bridgewater Christine Paiva... 368  
Halifax, Theresa Phippen..381 Buzzards Bay, Judith Ellis, Barbara Gill,  
Carol Mazzarelli, Carol Winterbottom, Peter Henley..505 Kingston. Marjorie  
Ackerman, Gail Bennett, Janine Boutin, Lavinia Scott-Brown...508  
Hyannis, Stanley Handel, Barbara Handel, Gloria Rudman....9446  
Duxbury, Mary Byron

If your chapter has new members that have fallen by the wayside,  
reach out and tell them they are missed and are welcome back anytime.  
Sometimes we all need a little push to head us in the right direction.

**Hope the summer contests for Fall Rally are going well.  
Still a few weeks left.**

### **Keys to Success**

Saturday, October 28<sup>th</sup> at the beautiful

**Double Tree Inn**

99 Erdman Way, Leominster, MA 01453

What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.<sup>1</sup>

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), you are more likely to be successful at keeping the weight off over the long term.

Losing weight is not easy, and it takes commitment.. Your TOPS friends are here to help you on your journey to weight loss success.

Thought for the month:

Life is short, don't waste it.

Life is sweet, take time to taste it.

Life is a journey, take the right path.

Life is enjoyable, don't be afraid to laugh.

Life is for good memories, make them last.

Life has its bad times, put them in the past.

Life is a chance, make sure you take it.

**LIFE IS WHAT YOU MAKE IT.**