



Chapter Chit-Chat 2018
Barnstable & Plymouth Counties
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Leaders please read to your members

My low- fat diet must be working. The fat hangs lower everyday

WORKSHOP SATURDAY JUNE 9TH
REGISTRATION 8:30-9:15 STARTS 9:30

Inspiration Workshop will be Saturday June 9th at the Community Covenant Church, 400 Pleasant St. East Bridgewater
The cost is \$6.00 and that will include lunch. If my chapters could give me a rough count for lunch by June 1st I would appreciate it. Raffle tickets for 50/50 and prizes will be available for sale. Also a few TOPS items and the SRD 2018 charms and pins will be for sale. If your chapter needs something specific (weight books, manuals. etc let me know and if I have it I can bring it.

We are expecting the State Queen, State Queen runner-up and State King. They will tell you their success stories and the runner-up queen will discuss the importance of weighing, measuring foods and setting goals. The new Area Captain for Norfolk & Bristol Counties Andrea Keough will be there helping us as well.

81 DENNIS HAD A NO-GAINER WEEK ON APRIL 10th

YEA YEA WEIGH-TO-GO

Our mini-goal project has fallen by the wayside. The only chapters that were consistent in reporting if the mini goals were reached by some members were Dennis and Plymouth. I have already heard from the Plymouth chapter that Carol

B. lost 3 pounds the month of April. This next challenge will last until the end of the year.

Starting in June and ending your last weigh-in in December your weight/recorder or leader will send me the names of anyone who has lost 15 pounds which averages about 2.14 pounds a month. Cash prizes will given to the winners and announced in my February newsletter. Good Luck!

If anyone is interested in being a publicity volunteer send me your name. You will receive brochures and literature about TOPS to be placed in various workplaces and waiting rooms. Also, there is a healthy and active magazine (25) which TOPS would like to have displayed in a DR's or Dentist office, re-hab facility, beauty salon etc. They are free and have great articles, recipes and news about TOPS. You would have to provide me with the name of the business, contact person, address and phone number. TOPS send the magazines directly from headquarters to the contact person.

WELCOME TO TOPS NEW MEMBERS THIS YEAR.

Donna...381 Buzzards Bay, Allyson & Roberta...224 East Falmouth,
Paula..97 Whitman, Terry...946 Duxbury, Maria & Mary... 81 Dennis,
Colleen & Laurie...240 Abington

Thought for the month; What do you think will be more effective when it comes to succeeding, believing you can or KNOWING you will?