



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

A wife comes home late one night and quietly opens the door to the bedroom. From under the blanket, she sees four legs instead of just her husband's two. She reaches for a baseball bat and starts hitting the blanket as hard as she can. When she's done, she goes to the kitchen to get a drink. As she enters, she sees her husband there, reading a magazine. He says "Hi darling, your parents came to visit us, so I let them stay in our bedroom. "Did you say hello?"

Thank you to all who attended the IW on June 9th. If you want to purchase the Real Life Book that Dianne referred to many times I have 4 available.

You can e-mail me with your mailing information and I will send... no shipping charges. Your check can be made out to TOPS Fall Rally for \$12.00

My contact info is listed above.

IT'S TIME FOR CHAPTER ELECTIONS SECOND WEEK IN JULY

Send in your [Officers Chart \(L-001\)](#) (PDF) immediately. Continuing and outgoing Leaders, please fill out the Officers Chart, mailed to the current Leader in June, and send it to your Coordinator. Only then can your Leader and Web Designate get to the great resources in the Leaders Corner of www.tops.org. I have attached the officers chart in case you do not have one.

Mail completed forms to; Rosie Smith, 17 Davida Road Burlington, MA 01803

I am attaching information from Big Y supermarkets if your chapter is near a Big Y and would like a nutritional tour please contact Kathy

ON GOING WEIGHT LOSS CONTEST

Contest started in June and ends with 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.

NEW MEMBERS MAY – JUNE 19Th

240 Abington Melissa, Laurie M.

381 Buzzards Bay..... Barbara, Bette

224 East Falmouth....Sonya, Margaret, Susan, Mary Ellen

261 Carver....Julia

360 East Bridgewater....Karen

9487 Yarmouthport....Jeanette, Jeannie

Welcome to TOPS. A little progress each day adds up to big results.

I wish you all success on your weight loss journey.

**256 Brockton had a no gainer the night of my chapter visit
June 12th with 18 members present.**

464 Plymouth had a no gainer on June 27th

Send me news from your chapter. Contests, programs

anything you would like to share with other chapters

The following article is Monday Moment of Truth by Barb Cady from the TOPS website



Teamwork is a key component in virtually all aspects of life. As much as we value individual excellence, few of us achieve that without help and support from others. Most of us joined our TOPS chapters looking for that connection to others with similar goals. It is a principle that is key to commitment, accountability, hard work, discipline and intensity. Having others who may be more capable in some areas help you find creative solutions that work for you in a calm, respectful way is so empowering.

Teamwork is displayed through actions, not just words. We look to others as examples and role models and hope they will share the creative solutions they have found on their journeys. Others look to us in the same way. We must demonstrate that we believe each other can achieve, that we care about each other and will help one another find what works best to succeed. All of us together can be so much stronger than each of us individually when we commit to sharing what we know to benefit each person on our team. Despite what some may say, it isn't so much "all about me" as it is "all about us."

Thought for the month: Always pray to have eyes that see the best in people, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses faith in God,