

Middlesex County AUGUST Newsletter



Hi Everyone,

Summer is winding down. Before you know it, the kids will be back in school and everyone will have their normal routines back in order.

Fall Rally

There will be a second letter coming out soon via email. Don't forget the deadlines. If not please let Ron Azzu know by emailing him at rgacounsel@aol.com

Date: October 5th

Place: Double Tree Leominster (right off Rte 2)

Time: Starts at 9:30 am

Theme is: PEACE, LOVE and TOPS.



This Fall Rally you can bring a friend who is not in TOPS. It is the same price for a friend.

Make your tie-dye T-shirts or love beads. Make this a chapter meeting. There are plenty of ideas on Youtube and Pinterest. Make those protest posters and show your spirit. There are no restrictions on the poster size.

Start planning a fundraiser to make it affordable for everyone to go in your chapter. We are having a silent auction with the theme of: "Things that make you happy". We are not including food so it should be prove to very interesting. Go to <http://www.topsgoodies.org> for fundraising ideas.

CHAPTER VISITS

It has been nice visiting all the chapters . Last month was a busy time. Visited two chapters in July; 82 Reading and 253 Billerica.

I will resume my visits in September. I will be away the last two weeks in September.

NEW MEMBERS

Welcome:

- Justine Dolan 14 Wakefield
- Joyce Turner, Jessica Langdale and Bonnie Moore of 50 Malden
- Patricia Hanrahan 69 Lexington
- Annette Debisz 107 Chelmsford
- Leah Mcanespie, Rita Laderoute, Carmen Dufresne, Lucia Garbino, Tricia Dowling of 397 Dracut
- Midge Byrne, Karolyn Kemp, and Marcie Kemp of 478 Tewksbury

WOW! 11 New MEMBERS ! Keep it going.

NEW KOPS

Margaret Adley 69 Lexington
Reattained Shirley Peterson 82 Reading

HAPPY ANNIVERSARY to
MA 69 Lexington chartered 8/24/1965

Turning 48 years old this year

MA 253 Billerica Chartered 9/27/1972

Turning 41 years old this year



FARMERS MARKETS

Don't forget to financially support your Farmers markets. They are almost in every town. TOPS did have spaces reserved in July & August.

Wilmington Farmers Market – located on the [Swain Green](#) across from the Town Common at 140 Middlesex Ave. in Wilmington, MA. Open from 10-2 on Sunday

Thanks to Paula Glavin, Erlene McSweeney, Christine Tower for helping out.

And

Wakefield Farmers Market – August 10
at the Lake Q (Farmers Market and booths are located near the highway as you come off Rte 93.) I was there from 8:30 to 1:30pm. Thanks to Paula Glavin, John Murray, Roberta Jenner, Dan & Lois Benjamin and Sandy Cosco for helping out.

Something to consider next year differently as the results weren't that great but we did do a give away a few memberships. Let's see if these potentials show up at our meeting.



FIELD STAFF MEETING UPDATE

I just went to a Field Staff meeting with some updates for you as chapters.

AUDITS-

Only need to be done once a year. The outgoing officers should turn their audit into Rosie after the elections have taken place. No more quarterly audits.

NEXT YEARS IRD

Milwaukee, WI --July 10-12, 2014

MY DAY ONE

They have been recently revised. If you need any for your new members only, please let me know.

OFFICERS WHO are MARKED AB

If an officer chooses not to weigh-in for whatever reason but stays for the meeting, the officer is not permitted to do his/her duties at all.

UPCOMING INSPIRATION WORKSHOP

SAVE THE DATE

November 2nd in Duxbury.

I would like to do one in mid to late January 2014 possibly in Dracut.

PRIVILEGED MEMBERS

These are members who are long standing members within the chapter. They or the chapter can pay their \$28 renewal fee. No monthly dues should be accessed by the chapter. You do need to get a letter signed from the leader and member and send it to Rosie to be approved before starting this privilege. I would think this benefit would be for your long time members who can't make it to your chapter on a regular basis because of their health or age but still want to belong to TOPS.

KOPS PROBLEMS

If a KOPS is on a medical the doctor's slip should be dated. If it is dated, then it is good for a year from the start of the doctor's note. They could lose their KOPS status if this procedure is not followed. If they are on medical, they can also change their goal at any time if it so warrants. Goal changes can be made during a medical without original goal being reached.

NEW KOPS FEES

The new KOPS fee to register a new member is now \$5.00 as of September 1st.

ONLINE MEMBERS

If a member joins online, their official starting weight doesn't start until they actually join a chapter. A new regular membership form needs to be filled out along with their starting weight if an online member does shows up at your chapter. Since they already paid online by credit card, no money is exchanged.

TOPS MAGAZINES

TOPS magazines will only be sent out six times a year versus the 9 issues you have been getting.

FREE INFORMATIONAL MEETING

Put the word out to your friends.

Rosie & Field Staff will be having an informational meeting at the Burlington library on September 14th.

Starts at 10:30 am until 1:30pm. This is for anyone that is interested in possibly joining TOPS. So bring a friend along.

WORKPLACE CHAPTERS

We only have two chapters in MASS that are considered a workplace chapter. Effective immediately, there will be additional fees and a contract that will be needed to be signed by the workplace if they choose to become a workplace chapter.

They do have different rules than regular chapters but it's convenient for the corporation or company to instill in their employees a good health benefit to have TOPS on their premises.

Should you need additional info, please let me know.

This is probably my last newsletter before vacation. If you have any questions until 9/14 please contact me via the many ways of media. If you have a concern or issue between 9/14 to 9/28, please call Rosemary Smith at 781-272-3931 or email her at rmsdws17@verizon.net.

CONTESTS

Keep the contests going in your chapter. Whether money or prizes motivate your members, keep the contest simple but ongoing.

I am also attaching a Leaf contest we have done in our chapter. Change the dates or change the prize \$\$\$. The holidays will be here you know it.

It's time to lose weight now.

NO MORE EXCUSES!

We blame our weight problem on many things, too many to mention.

Such as thyroid, mid-life crisis, and our old friend water retention.

Or, "My mother was always heavy and I was a very plump child."

Yes, the excuses just go on and on, they really get quite wild.

A friend of mine says the birth of her baby is why she is not lean.

The child gets blamed because her mom is snacking in between.

The meals full of calories and fancy desserts, I mean,
She keeps on crying instead of trying; but
now the baby is 17!!

By December, I'm sure you remember, it was suddenly quite clear.

We looked at our weight charts and said, "Oh! Well, there's always next year!"

But listen pals, what I have to say, you really need to hear.

NO MORE EXCUSES,

get down to business, 'cause "next year" is already here!

FACEBOOK update

Don't forget if you have Facebook to sign up for our MASS TOPS group. There is a lot of daily talk about motivation, different ideas in losing weight and helping each other on a daily basis. Invite all your other members to join too. Only MASS members are allowed. We are at 102 members.

Please either forward them via email or PDF to your members or print it out and give it to them if you don't have time to read it aloud.

As always, you know where you can find me.

Cell: 978-551-1278 Home: 978-657-6103.

FACEBOOK or text.

See you lighter!

~Diane Trayah