

## Middlesex County OCTOBER Newsletter



Hi Everyone,

### Update on Europe

I had a wonderful time in Europe. My husband and I joined up with friends in Rome for three days. We did the tourist sites including St. Peter's Basilica, the Vatican museum, the Coliseum along with many other shrines. We then got on the Epic (third largest cruise ship) where we sailed the Mediterranean.

We saw a different port every day starting in Rome. From Rome, we toured **Florence/Pisa and saw the Leaning Tower of Pisa**(Italy); **Marseilles** (France);

**Palma, Majorca** (Spain); **Barcelona** (Spain) where we saw the Spanish Steps ;

**Naples** (Italy); and then back to **Rome** Italy. We then flew to Paris where we saw my favorite the Eiffel Tower, Champs deElysees, many bistros, etc....

### Update from Fall Rally

**Sandy** our leader in Malden was able to do the presentation about Ruthie Marino who just became a KOPS after being with TOPS for over 46 years.

Sandy also presented the segment of Chapter Angels on stage. Sandy Cosco has won the KOPS of the Year Award for 2013 from the Rainbow KOPS Honor Society and Barbara Pacheco won the KOPS of the Year Award 2013 from the Four Seasons KOPS Honor Society. Also proud to say Karen Hurley leader of the Burlington

group presented the Backsliders and Consistency for the first time as presenter.

Theme is: PEACE, LOVE and TOPS.



### Our biggest losers of the Summer Female

1<sup>st</sup> Place Cherri Cannistraro 15.50 pounds  
2<sup>nd</sup> place Bonnie Moore of 50 Malden with 14.00 pound loss

### Male

1<sup>st</sup> Place David Lavigne of 211 Chicopee 14.25

### NEW MEMBERS

Welcome:

Janice Clarke	82 Reading
Judy Osborn	327 Burlington
Lori Arena	354 Waltham
Ann Marie Russell & Diane Grasso both	of 478 Tewksbury

Remember what Rosie said about new members. For every new member you get a chance is put into the raffle. Raffle prize is \$100 to the winning ticket. This contest started from SRD 2013 to SRD 2014.

### NEW KOPS

Marguerite Adley	69 Lexington
Beverly Sullivan	397 Dracut
Reattained Marie Callahan	82 Reading

### HAPPY ANNIVERSARY to

MA 14 Wakefield who **celebrated 50 years** being a chapter. Nice award from Headquarters to commemorate their anniversary.

MA 50 Malden 10/07/1964

**Turning 49** years old this year  
Can't wait until next year ☺

MA 478 Tewksbury Chartered 10/8/2008

**Turning 5 years** old this year



## WAKEFIELD FUNDRAISER

The Wakefield chapter is having their annual fundraiser at Liberty Bell located in downtown Wakefield. Between the hours of 5-8pm on October 23<sup>rd</sup> (weds), they will get a percentage of the proceeds whether it be for take out or eat-in. They will also be having raffled baskets and a 50/50. Come and have your supper and meet the members of MA 14 Wakefield.



### RESUMES

All 2013 weight sheets and resumes are due January 8, 2014.

### UPCOMING INSPIRATION WORKSHOP

#### SAVE THE DATE

November 2<sup>nd</sup> in Duxbury Senior Center. Check out [www.masstops.com](http://www.masstops.com) for further information and directions.

### UPCOMING TOPS RETREAT

NOVEMBER 3-8, 2013  
Swanzey, NH  
Pilgrim Pines Conference Center  
\$449 for Sunday thru Friday

### NEW KOPS FEES

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

### TOPS MAGAZINES

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

### FREE INFORMATIONAL MEETING

Rosie & Field Staff had an informational meeting at the Burlington library on September 14<sup>th</sup>. One new member joined. We will try this again in the spring.

## CHAPTER ELECTIONS

Chapter Elections shall be held in July, 2014 and Officers shall assume their duties on August 1, 2014. Current Officers' positions shall be extended to July 2014.

TOPS 65<sup>th</sup> Anniversary Pinette marking TOPS support of Real People Losing Real Weight since 1948 is available in TOPS Store after logging into [www.tops.org](http://www.tops.org). The cost of this pin is \$4.00.

*Real Life: The Hands-on, Pounds Off Guide*® is now available on Amazon.com (also, by the end of the month, on Amazon.ca) for non-members. Of the 112 reviews, one hundred ten are 5-star and two are 4-star.

TOPS is offering a Co-ed retreat in 2014. All Retreat Directors shall present sessions at this retreat. Watch for more details about this exciting new opportunity in an upcoming issue of TOPS News.

L-011 Submission to TOPS NEWS is no longer needed in order to submit articles, story ideas or photographs to TOPS News!

### **TOPS Rule 9,c. Clarification:**

Members who choose to not weigh in at a meeting may not vote on any matter or enter into discussion of business.

However, they may participate in the program, songs, pledges and general weight loss discussion.



### A Diet Poem

My soul is ripped with riot  
incited by my wicked diet.  
"We Are What We Eat," said a wise old man!  
and, if that's true, I'm a garbage can.

I want to rise and feel good that's plain!  
but at my present weight, I'll need a crane.  
So grant me strength, that I may not fall  
into the clutches of cholesterol.

May my flesh with carrot sticks be sated,  
that my soul may be poly-unsaturated  
And show me the light, that I may bear witness  
to the President's Council on Physical Fitness.

And at oleomargarine I'll never mutter,  
for the road to Plumpness is spread with butter.  
And cream is cursed; and cake is awful;  
and evil is hiding in every waffle.

Mephistopheles lurks in provolone;  
the bane is in each slice of baloney,  
Fat hides in a chocolate drop,  
and sugar is in a lollipop.

Give me this day my daily slice  
but, cut it thin and toast it twice.  
I beg upon my dimpled knees,  
deliver me from jujubees.

And when my days of trial are done,  
and my war with malted milk is won,  
Let me stand with the model throng,  
In a shining robe--size 5-6 long.

I can do it friend, If you'll show to me,  
the virtues of lettuce and celery.  
If you'll teach me the evil of mayonnaise,  
of pasta a la Milannaise  
potatoes a la Lyonnaise  
and crisp-fried chicken from the South.

I pray if you love me, shut my mouth.

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